



USAF SERVICES

NEWS&VIEWS

The Air Force Services Agency's Online Magazine

From the front lines...to the home front

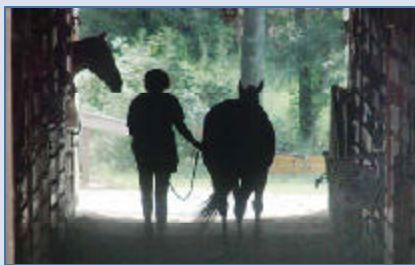
Air Force Services Agency, San Antonio, Texas -- submissions@agency.afsv.af.mil -- December 2006



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NEWS & VIEWS

Services Agency announces 2006 Club membership scholarships

For the tenth consecutive year, Air Force club membership is helping members and their families combat the costs of higher education. Six individuals were recently selected to receive a combined total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program.

Scholarships are provided through a sponsorship agreement with CHASE Bank.

Club members and their families were given the opportunity to submit an essay on "Proud to be an American." Two to four essays were chosen by each participating base to compete for the six Air Force awards. The 2006 winners are:

First Place (\$6,000), Tyler Uptergrove, son of Master Sgt. Brad Uptergrove, Little Rock Air Force Base, Ark.;

Second Place (\$5,500), Victorina Holding, spouse of Senior Master Sgt.

Bruce Holding, Kadena Air Base, Japan;

Third Place (\$4,500), Tech. Sgt. Raynelle Signorotti, Lajes Field, Portugal;

Fourth Place (\$3,500), Amanda Reiff, daughter of Lt. Col. Greg Reiff, Osan AB, Korea;

Fifth Place (\$3,000), Tech. Sgt. Lloyd Wright Jr., Shaw AFB, S.C.; and

Sixth Place (\$2,500), Lauren Post, daughter of Col. James Post III, Davis Monthan AFB, Ariz.

A total of 165 entries were submitted to headquarters for Air Force level consideration; competition was fierce.

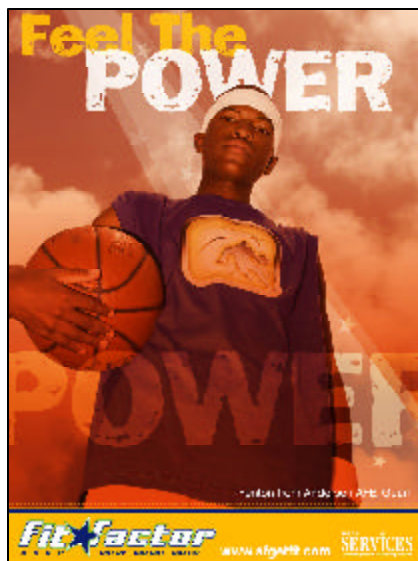
"The quality of the essays was outstanding, the Air Force Club Membership Scholarship Program is another demonstration that club membership pays," said Frank Black Jr., Air Force Services Agency's Chief of Clubs Division.



The **News & Views** is published monthly by the Air Force Services Agency. Send comments, suggestions or submissions to:

submissions@agency.afsv.af.mil or **steve.vanwert@agency.afsv.af.mil**.

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AF Services FitFactor program completes successful first year

Fenton from Andersen Air Base, Guam, is just one of the FitFactor stars who achieved more than 35,000 points and had a teen inspiration poster created of him that will be displayed in Air Force Youth Programs. (U.S. Air Force photo/File)

Air Force Services Family Member Programs FitFactor initiative completed a successful first year of operations with more than 12,600 youth registered in the FitFactor program, surpassing 85 percent of the inaugural Air Force goal.

FitFactor is a web-based youth fitness incentive program that encourages youth, families and friends to get active together and have fun as they make a commitment to Get Up, Get Out and Get Fit.

PACAF bested all commands with more than 3,100 registered youth and Ramstein Air Base, Germany, took the top base spot with more than 1,370 youth in the FitFactor program. The FitFactor program had full participation from all Air Force Base Youth Programs. The program was even introduced at five MUNS sites in Europe and is being piloted at Niagara Falls Air Reserve Station, N.Y., for Air National Guard and Reserve family members.

"FitFactor is really fun and the prizes are really cool! I'm

glad I joined," said 9-year-old, Alicia, from RAF Lakenheath, U.K.

FitFactor encourages youth to be active everyday and to make healthy eating choices. Youth receive points for activities they complete and are awarded small incentives to help them stay on the fitness path for each FitFactor level they achieve.

Fenton, from Andersen Air Force Base, Guam, and Rebekah, from Grand Forks AFB, N.D., have been just a few of the FitFactor stars and have rivaled each other at the top of the points leader board throughout the year.

To recognize the elite players, new FitFactor teen posters were developed using images of these FitFactor stars and will be displayed in all Air Force Youth Programs.

The FitFactor program closed out its successful first year with a 101 Days of FitFactor Summer Fun promotion that offered bases an opportunity to participate in several contests.

Forty-five bases received FitFactor grants totaling \$50,000 to enhance their youth fitness and nutrition initiatives.

"This is an awesome program and I hope to reach all of the levels and more! Now I am playing more and eating healthy," said 11-year-old Kaitlyn from Hurlburt Field, Fla.

Healthy habits last a lifetime and Air Force Youth Programs strive to make these habits fun and attainable for all of our families.

FitFactor launched the 2006 program with an Air Force wide kickoff party Oct. 7.

Youth between the ages of 6-8 will now be eligible to participate with parental permission and information has been added to the FitFactor web site (www.afgetfit.com) with incentives and tips just for them.

Contact your local Youth Programs for more information or to register your child in the FitFactor program.

Tinker SVD wins LeMay; Tinker captain wins ARC officer of year

By Crystal Toenjes
Tinker Air Force Base, Okla., Public Affairs

The 72nd Services Division at Tinker Air Force Base, Okla., has received the Air Force Gen. Curtis E. LeMay Services Award.

"This award comes around about once in a persons career," said Julie Rich, 72nd SVD marketing director. "It's considered the Services highest award for a large base."

An evaluation team visited Tinker in early April and looked at every activity within the Services Division.

The team recognized 20 best practices across multiple areas, including civilian participation on the Search and Recovery Team, the Honor Guard Drill team and the participation of 27 members from the Will Rogers Air National Guard in the base Honor Guard program.

The Tinker Golf Course received praise for six best practices including the sale of used golf balls to benefit youth programs, adding more than \$2,000 a year to the programs.

Other areas that received special recognition were the job fairs put on by the Human Resource Office, birthday party packages offered by the Bowling Center and the creative catering open house event hosted by the Tinker Club to show off its services to customers.



Members of the 72nd Services Division spell out "LEMay." (U.S. Air Force photo/File)

"Tinker Services is, hands down, the best organization I have ever had the privilege of working with," said Capt. Joshua Harding, 72nd SVD acting director. "They are a close-knit family who puts Tinker customers first."

The Gen. Curtis E. LeMay Services Award was first established by the Order of the Daedalians in 1965 to recognize the best Air Force Services Program.

Evaluation factors for the Air Force Materiel Command base-level nomination and the LeMay awards are written narratives from competing bases, on-site visit by an evaluation team and results of the Air Force Services Customer Feedback Survey, which are administered annually by Headquarters Air Force Services Agency Programs Division.

The Services Division is also celebrating the recognition of Capt. John Upthegrove, Deputy

Director of 72nd SVD, who was named Air Reserve Command Company Grade Officer of the Year in Services.

"It's pretty amazing," he said. "This is the second Air Force level award I have been honored with and it could not have happened without the incredible folks I work with, they made it happen. I am blessed to be assigned here."

Captain Upthegrove was named the Services Air Force Company Grade officer of the Year in 2003 when he was still on active duty. He currently serves at Tinker as an Individual Mobilization Augmentee, and has done so since May 2005.

"The best part about my job is working with the great folks in the Tinker Services division," the captain said. "They accomplish so much and do it with professionalism, but most of all they make coming to work fun."

NAF-T Report: *AFSFMS deployment update*

By AFSVA/SVT staff

Beginning June 1, Air Force Services undertook the transition from old legacy financial systems to the new Air Force Services Financial Management System and the realignment of accounting and payroll functions from the base to the Shared Service Center.

These initial steps will help achieve the long-term goal of a world-class financial management enterprise for NAF business activities. The architecture has the commercial off the shelf accounting and payroll system hosted at a single site. Each base reports their daily business (sales and revenue) to AFSFMS through transmission of point of sale data via flat file interface (for activities using standard POS systems) or through the NAF Data Interface System (for activities not using POS). Cash reconciliation (credit card transactions, cash, and check deposits) is completed at the SSC. All NAF purchasing transactions are transmitted via the Air Force Services Internet Based Purchasing System to effect vendor payments, cash transfers and general ledger entries.

NAF employee personnel information contained in the Defense Civilian Personnel Data System is interfaced to the AFSFMS payroll module to effect biweekly payroll processing. An interface with both IBPS and DCPDS has reduced the amount of manual, duplicative entries into dual systems to gain more efficiency. NAF

employee biweekly time and attendance is transmitted from the installation activities through NAFDIS to the SSC and electronically interfaced into the payroll module for payroll processing. All other payroll functions (state, federal, retirement, etc., payments) are accomplished by the SSC vice by the individual installation accounting offices.

The transformation so far

To date, 13 locations representing Air Combat Command's initial deployment group have "gone-live" with the new NAF financial management and payroll system. Bases selected for deployment characterize small, medium and large-scale NAF operations.

Overall, phase 1 has been a success. AFSFMS deployment is more than installing new hardware and executing new software; it is a complete transformation to a new way of doing business. Upon arrival, the deployment team conducts an in-brief, if requested by the base. The IT members go to all activities to set up the necessary icons, etc. and get folks logged in and passwords changed. Functionals begin training with the activities and the base liaison on how to input their daily financial data to the SSC through the NAFDIS application on the Services' Agency Information System website, which provides a single point of entry between bases and the SSC.

On the first of the month, the switch is flipped and all NAF operations are handled by the new system. The deploy-

ment team is there with the activity as they transmit their first day's business to ensure they are comfortable and everything works. All bases have successfully met the challenges of bringing on-line the new financial management and payroll system in spite of many changes. Despite everyone's best efforts, there are several issues that need to be resolved prior to moving forward with deployment.

A brief 'pause'

Because it is not possible to focus on fixes while continuing to prepare, deploy and sustain AFSFMS bases, the decision was made to "pause" deployment to resolve issues that have not been addressed since initial deployment began. Areas of concern are customer service, more in-depth NAFAO training, manual process reduction, and financial reporting capabilities. The pause will also enable some processes to become more stabilized at the bases and within the SSC to ensure these processes will be fully effective during follow-on deployments. A revised schedule will be posted to the NAF-T website once deployment resumes.

Summary: The successes realized during the initial fielding of a new COTS accounting and payroll system and reengineering NAF business processes has brought AF Services one step closer to our long-term goal of a worldwide, state-of-the-art integrated accounting, payroll and time management system.

FROM THE FRONTLINES

Recipe for success

Chef Nurlan Kakeyev prepares a portion of the dinner meal at the Ops Town Dining Facility. The 376th ESVS' food service flight also operates the Ala-Too Dining Facility and serves approximately 3,000 meals a day.



**Story and photos by Staff Sgt. Candy Knight
Manas Air Base, Kyrgyzstan, Public Affairs**

The Airmen of the 376th Expeditionary Services Squadron's food service flight know the first ingredient in preparing any meal: listen to the customer.

"We were receiving a lot of negative feedback at the beginning of the rotation about the quality and variety of the food being served," said Master Sgt. James Reed, manager of the Ala-Too

Dining Facility. "People didn't know that we had a new food contractor and we were working out some problems with the food preparation and service."

The flight, which operates two separate dining facilities and serves approximately 3,000 meals a day, heard constantly from unsatisfied customers. The staff organized a menu-planning board to help answer

customer feedbacks and find new and creative ways to improve customer satisfaction.

"The menu planning board, which is made up of representatives from every squadron on base, meets monthly to discuss ways to help improve food quality and variety," said Tech. Sgt. Luis Fred, manager of the Ops Town Dining Facility.

One idea the board implemented was a weekly themed-meal night and old-fashioned barbecues. During the themed-meals, it's not uncommon for the base population to walk into the DFAC and feel as if they have been transported to Italy or even Hawaii, Sergeant Fred said.

"The staff really gets into their job by dressing up in costumes and decorating the dining facility. They do a really good job and really want to please the customers," he said.

"The theme nights have been a great idea," said Tech. Sgt. Cecilia Rodriguez, 376th ECPTS. "The food is exceptional

on those nights. Compared to when we first arrived, this is a 'must do' for dinner."

According to the managers, in addition to the menu-planning board, the staff also improved the way they prepared the food.

"When I first arrived, I just assumed that the staff knew how to prepare the food the way

Continued on next page



Tech. Sgt. Luis Fred, manager of the Ops Town Dining Facility, stirs a pot of chili.

Meals improving at Manas dining facility *continued from page 6*

we are used to," Sergeant Fred said. "After a while I stopped assuming and just starting going back to the basics of preparing the food."

Going back to the basics included more frequent use of recipe cards and taste-testing.

But every so often, the staff uses their imagination to create a more joyous dining experience, said Sergeant Fred.

"Rarely do I get the chance to step into a kitchen and improve on the skills that were taught to me during technical school," said Airman Ryan Collins, 376th ESVS. "I've enjoyed learning how to make different products, and be able to gather and use different ideas of how to make the same thing taste different each time."

The flight's hard work and dedication has not gone unnoticed by their customers.

"The overall food quality has greatly improved, and to me,



During the themed-meals, members of the staff dress up in costumes and decorate the dining facility.

there is nothing better than 'Italian' night," said Staff Sgt. Nathan Kern, 376th ECES firefighter. "I say 'Italian' night every night."

"When I arrived in May, the food wasn't great," said Staff Sgt. Jessie Gunderman, 376th ESVS."



Staff Sgt. Nathan Kern, 376th ECES firefighter, adds Parmesan cheese to his meal during "Italian Meal" night. The DFAC has a weekly themed-meal night to increase customer satisfaction and service.

"Although the meals can sometimes get repetitive, overall the staff is professional and they try their best to provide us with a hot meal everyday," Sergeant Rodriguez said.



It's pony time

Kids, cotton candy, clowns, pony rides all contributed to the energy at the annual Ellsworth Air Force Base, S.D., base picnic recently. More than 2,000 people got in on the fun and free food. Families were able to participate in various free activities, including pony rides, a petting zoo, an inflatable course of slides, jousting, rock-wall climbing and a first sergeant dunk tank that raised more than \$200 to give back to the Ellsworth community. It was also the first year for a sand volleyball tournament, which was so successful the 28th Services Squadron is planning on making it an annual event. Area businesses donated more than \$10,000. "[The donations were] really the only way the picnic could be possible," said Destiny McNair of the 28th Services Squadron. (U.S. Air Force photo/File)



By P.C. "Chevy" Chevallard

Log entry 6: 'A license to learn'

Editor's note: This is part 6 in a 6-part series of articles written by retired Lt. Col. P.C. "Chevy" Chevallard, former commander/conductor of The U.S. Air Force Academy Band. The colonel was a student pilot in pursuit of his private pilot's license through the Peterson Air Force Base, Colo., Aero Club.

"Oh, by the way, you passed."
Quietly uttered by my FAA examiner as we put the canopy cover back on Cessna 7874N, the words took a moment to sink in. But yes, retired Lt. Col. Bruce Fritzsche, who had just conducted my Private Pilot Practical (flying) exam, had said them.

After 14 months, ground school, the FAA Knowledge Test, studying aerodynamics, pilotage, dead reckoning, radio navigation, radio communications, engine systems, flight control systems, weather systems, airspace restrictions, "chair flying," flying solo, cross-country flight, night flight, three instructional "Stage Checks," countless hours with my nose in a book, and hours and hours of flight time, I had achieved a lifelong dream.

"I'm a pilot!" I thought to myself. "I'm a gosh-darned pilot! I made it! It's the end!"

Colonel Fritzsche (a Federal Aviation Association "Gold Seal Instructor") must have read my mind, because the very next words out of his mouth were, "Congratulations, Chevy. You just earned a license to learn."

Oops. I guess it's just the end of the beginning.

Nevertheless, nine days later I did what most new pilots do: I went somewhere. I grabbed my neighbor, and we headed cross-country. It didn't really matter where, so I filed a flight plan that took us out towards Kansas, then south-west to Pueblo for a so-called "One-hundred-dollar hamburger" at the Pueblo Regional Airport terminal restaurant. Including fuel and aircraft rental, that meal cost me a bit more than that, but my sense of accomplishment made it worthwhile. I had become a part of that elite group called "pilots." When a Pueblo ground handler equipped with a pair of orange wands directed us into our parking position, I felt like the captain of a 747. Yes, this Chevy was on a roll.

"The toughest thing about success is that you've got to keep on being a success."

—Irving Berlin

Then reality intruded. After lunch, as we walked back to the aircraft, I looked north and

noticed clouds developing well to the west and just north of our final destination, Colorado Springs, 37 miles away. I felt a twinge in my stomach. After taking off, I called for weather conditions there and learned that, unlike the absolutely still conditions we had experienced four hours earlier at takeoff, the reported winds at Colorado Springs had become "12 knots and variable in direction." My throat became dry. I was given permission to enter Springs airspace, then the landing pattern. As we turned on final for landing, the tower advised "Wind 150 degrees; 15 knots, gusting to 18."

"Uh-oh," I thought to myself, "a crosswind landing."

That's when my training kicked in. I sat up, focused on the runway centerline, kept an eye on the windsock, and doubled my concentration.

Our landing was uneventful other than drifting slightly left of center after touchdown. Although this was a rookie and potentially dangerous mistake,

Continued on next page

Warren library gets the goods

Flora O'Connor, 90th Services Squadron senior library technician, organizes a new shipment of Books at the F.E. Warren Air Force Base, Wyo., base library. The base library recently received \$10,000 in additional funds to be used to buy new books and movies. New books ordered include new and classic picture books, juvenile titles, young adult titles, adult fiction, adult nonfiction and books on CD. Most of the movies ordered are entertainment new releases, but some educational DVDs and classics were also ordered. The library hours are 10 a.m. to 7 p.m. Mondays, Wednesdays and Fridays; 10 a.m. to 8 p.m. Tuesdays and Thursdays; and 10 a.m. to 8 p.m. Saturdays. (U.S. Air Force photo/Senior Airman Lauren Hasinger)



Chevy earned his wings; so can you!

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I immediately corrected for it. As we taxied toward the fueling station, however, I noticed that my flying partner had grown very, very quiet. Finally he said, "Well, that was exciting!" It was then that I became acutely aware not of the joy, but of the awesome responsibility one assumes when one becomes a pilot. My passenger, my dear neighbor and friend, entrusted me with his life. Did I know enough to conduct our flight safely? Yes. Did I know enough to be totally

professional? No. I'm not there yet, but someday I will be if I keep the right "pilot attitude." Earning a pilot's license is an incredible accomplishment, but it's only the beginning of a life filled with excitement, education, and enriching experiences. Like Colonel Fritzsche said, it's a license is to learn.

But I'm here to tell you, it can be done. Have you thought about becoming a pilot? You simply cannot find a better environment for doing so, and

at a very reasonable price, than at a military Aero Club. Go to the one nearest you and check it out. You'll find that top-notch equipment, outstanding facilities, incredible trainers, superb maintainers, knowledgeable and friendly staff, and deeply ingrained core values make your military Aero Club the perfect place to earn your wings.

This old Chevy did it, and you can too. Come on, let's go flying!

Honoring others

Senior Airmen Angela Pudenz (foreground) and Melissa Kromer practice folding the flag. The Honor Guard reports to the 11th Wing, Bolling Air Force Base, Washington D.C.

By Senior Airman Jessica Switzer
Peterson Air Force Base, Colo., Public Affairs

In almost every movie made with a military funeral in it, viewers will see an honor guard performing a rifle volley or folding the flag from the member's casket. Both of these functions and more are carried out by the High Frontier Honor Guard at Peterson Air Force Base, Colo.

"There's an urban legend that the honor guard is just for Airmen," said Chief Master Sgt. James



Members of the High Frontier Honor Guard practice the sequence of events for a funeral firing team during an honor guard rehearsal.



Moody, 21st Space Wing command chief master sergeant and a former honor guard member. "We need warriors of all ranks – Airmen, NCOs, senior NCOs, company grade officers and field grade officers."

Part of this is because one of the honor guard goals is to have someone on a funeral detail who is at least equal in rank to the person being buried, to present the flag from the coffin to the next of kin, Chief Moody said.

"Several years ago the U.S. Congress passed into law a stipulation that if a family member of an honorably discharged veteran requests military funeral honors, they will be provided," said Chief Master Sgt. Terence McCloskey, High Frontier

Honor Guard NCO in charge. "This means the military must be prepared to provide funeral honors upon request. This is the primary purpose for our existence."

To support this law, the High Frontier Honor Guard performs military funerals farther afield than just the Colorado Springs area. The honor guard serves an area stretching from the Utah border to western portions of Kansas, and from Denver to the New Mexico border.

In addition to funeral services, honor guard members also perform other services for the Peterson community including posting the colors at changes of command, retirements, promotions and a variety of other events.

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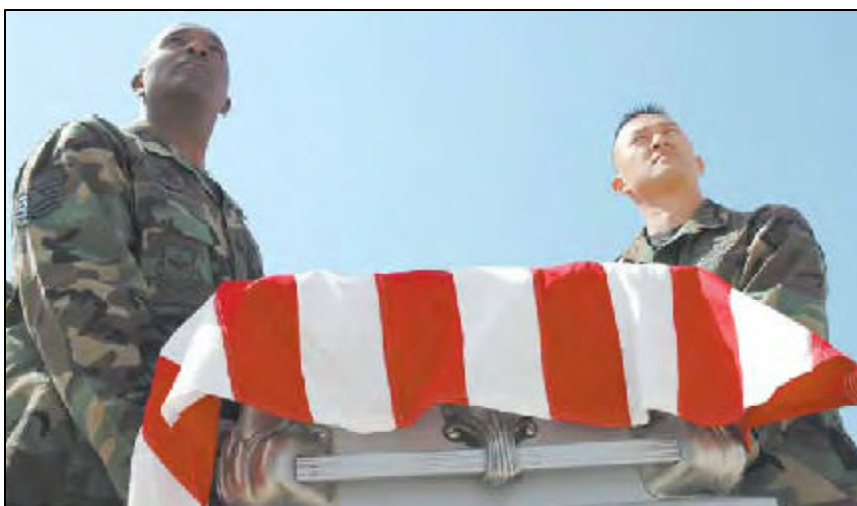
Peterson Honor Guard honors others

continued from page 10

"We'll do just about whatever we're asked as long as it is appropriate and in furtherance of the good image of the Air Force," Chief McCloskey said. "We enjoy doing these types of duties and it keeps the team in good bearing."

Airmen interested in serving on the base honor guard must meet certain guidelines.

"Appearance is important," Chief McCloskey said. "You must look good in uniform. An overweight Airman would be excluded. Height, on the other



Tech Sgt. Andrew Fulbright and 1st Lt. Ed Chan lead a casket carry during a recent practice. (U.S. Air Force photos/Senior Airman Jessica Switzer)

hand is not a limiting factor for the base honor guard."

High Frontier Honor Guard members are mainly recruited from Peterson and Schriever Air Force bases and commit to one of two contracts, Chief McCloskey said. Members who volunteer for the full-time contract report every day at the High Frontier Honor Guard offices for three months.

The other option for Airmen is to sign up for one year, working on one of four teams.

Each team is on duty for one week and members

work at their regular duty sections the next three weeks.

"We get most of our personnel through a quota system organized by the command chiefs and first sergeants," said Chief McCloskey. "A lot of people volunteer when the call goes out. They've heard from their friends about what a great and rewarding duty this is."

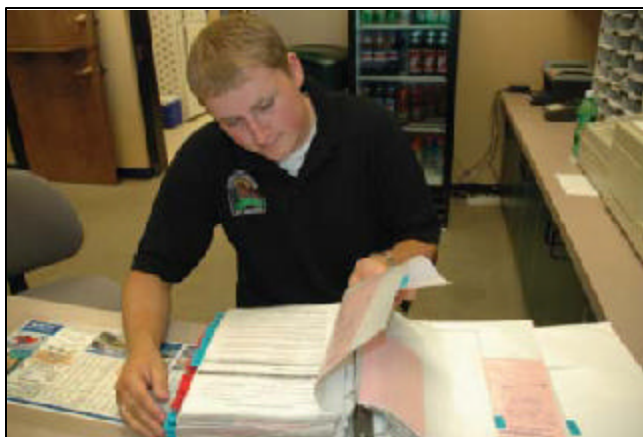
"When those who are gathered (at a funeral) to pay their last respects come up and thank us for our service both at the funeral and for our nation, my reply is always the same - 'It is our honor,'" said Chief Moody, who still serves on a team when he is needed.

"There is a pride in being a part of a detail made up of outstanding warriors who step up to the challenge of being an honor guard member. I'm not the only command chief master sergeant who goes on details with the honor guard in our Air Force, there are several who do. The honor guard is for everyone."



Members of the High Frontier Honor Guard practice folding a flag that had been draped on a casket during a rehearsal.

Snapped around Services



Outdoor Rec update

Kyle Docktor, Minot Air Force Base, N.D., Outdoor Recreation, updates the RV parking booklet at Outdoor Recreation recently. (U.S. Air Force photo/Senior Airman Danny Monahan)

Ka-ching!

Delaney Naughton, 5, works out the price of her pretend restaurant in the dramatic playroom at the Maxwell Air Force Base, Ala., Youth Center. Delaney, her twin brother Brody, and older brother Riley attend the Youth Center and spend their days playing and learning with other children. (U.S. Air Force photo/Tech. Sgt. Scott Moorman)



Keesler arts, crafts — let your creativity run wild

Clockwise from left, JoAnn and Daniel Menikheinh of Saucier, Henry Stiller of Long Beach, Keesler Air Force Base, Miss., Arts and Crafts Center framer Jerry Miller and Chief Master Sgt. Denise Rucker size and cut mats during a framing class. Mr. Menikheinh is a retired Navy chief petty officer, Mr. Stiller is a retired master sergeant and Chief Rucker is assigned to the 81st Supply and Transportation Squadrons. (U.S. Air Force photo/Kemberly Groue)

Center hosts 'Pied Piper,' featuring 6-14 year olds

Aspiring actors, actresses shine at Kirtland youth center

By Mara Minwegen
Kirtland Air Force Base, N.M., Public
Affairs

"If you can see the audience, they can see you. No peeking!" Stephanie Storhaug said, as she coached a group of future stars sitting in front of a banner for Hamelin Town at the Rio Grande Conference Center.

The Kirtland Air Force Base, N.M., Youth Center hosted a production of "The Pied Piper," featuring Youth Center participants and community members.

Between 6 and 14 years old, the performers were coached by Ms. Storhaug and Maxwell Burnham of the Missoula Children's Theatre. Based in Missoula, Mont., the group tours the United States, Canada and 15 other countries, mounting productions of plays suitable for young people.

The 42 teams of two arrive at a hosting organization such as the Kirtland Youth Center on a Sunday, hold auditions on Monday, practice and teach through Friday and hold the performances Friday or Saturday. The schedule is rigorous, but enjoyable for the MCT members, Ms. Storhaug said.

"If theater is what you love, it's the best job I can imagine," she said.



Kaycee Ridley (front) and Jill Farren sing a song during a practice session of the Pied Piper. (U.S. Air Force photo/Todd Berenger)

Part of the requirement for the base was to have a musical accompanist, which gave Peggy Freeman, a pianist and Kirtland community member, an opportunity to participate in the show.

"I still like to keep my hand in with what they're doing here and they were kind enough to call me again. It's a terrific experience for the kids," she said.

Although the MCT has put on productions before, Ms. Storhaug had never been to a

military base before, and found the experience very positive.

"I was pleasantly surprised. Neither of us has been on a base before. Everyone's been great," she said.

There may be some outstanding performers in the group, who worked especially hard learning multiple parts to make up for a small turnout.

"I'm very proud of all of them. Some of the kids are really coming into their own and realizing that theater is something they really like," Ms. Storhaug said.

Service with dignity

Honor guard dedicated to AF tradition

By Master Sgt. Andrew Gates
407th Air Expeditionary Group Public Affairs

Saturday evenings at Ali Air Base, Iraq, a flight of Airmen stand in the center of the Air Force compound, at attention, the afternoon wind whipping the desert colored uniforms and the more colorful stars and stripes of the American flag at the top of a flagpole.

As one, four other Airmen step in from the left and slowly march to the flagpole and untie the lanyard. As the flight behind them salutes, the team slowly lowers the flag, folds it carefully, reports that the flag is secure and then slowly marches off.

Although retreat is a common sight at many Air Force installations, at a southeast Asia base like Ali, the traditional ceremony often means a lot more to the people serving on the honor guard, said Tech. Sgt. Dexter Laffin, 407th Expeditionary Services Squadron honor guard commander.

"We are here to pay tribute and honor to the troops here, and to fallen service members," said Sergeant Laffin. "We also handle the American flag in accordance with established traditions. We do that by posting the colors at ceremonies, performing retreat and, although we hope it never happens, honoring fallen Airmen."



From left, Airman Edlord Posadas, Tech. Sgt. Charles Montgomery, Senior Airman Audrey Hernandez and Senior Airman Nathaniel Olguer post the colors during a ceremony. (U.S. Air Force photos/Staff Sgt. Rasheen Douglas)

The 30-person honor guard encompasses practically all disciplines at Ali Base, Sergeant Laffin said.

"Just about every squadron has someone in the honor guard," he said.

The reasons people join the honor guard are just as varied as the disciplines represented by the small round tan and black badge honor guard members wear over the right breast pocket of their desert camouflage uniforms.

"My uncle is 'missing in action' from the Korean War," said Staff Sgt. Aleena Corona, a services specialist deployed from Dyess Air Force Base, Texas. "My participation in the honor guard is my own way that I can show honor to him. I also love the honor, tradition and pride the honor guard instills in a person."

On the other hand, Airman 1st Class Kelly Ito, a force protection specialist from

Vogelweh, Germany, wasn't able to work the honor guard into her home station routine.

"I was interested at home station, but never was able to join because of my work schedule," Airman Ito said. "Since I work a schedule that allows me to attend practices here, I volunteered to join. I enjoy the different style of drill that the honor guard does. It means a lot to me in knowing that I am part of an organization that brings honor and pride to our country and our flag."

That desire to be a part of honoring tradition and the United States is common to the men and women who volunteer to be on the honor guard.

"My favorite part of being in the honor guard is working with the team, and honoring those people who have sacrificed their lives in the past," said Staff Sgt. Sherwin St.

Continued on next page



From left, Senior Airman Luis Reyes and Staff Sgt. Waichung Liu lower the flag during a retreat ceremony at Ali.



From left, Airman Reyes, Master Sgt. Patrick Schipper, Sergeant Liu and Airman 1st Class Noah Perry check the fold of the flag after a recent retreat ceremony.

Ali Honor Guard dedicated to service, dignity *continued from page 14*

Pierre, from Eglin AFB, Fla. He not only participates in honor guard activities at Ali, but he is on the Eglin team.

The team practices once a week, said Sergeant Laffin, perfecting their movements for either retreat or posting the colors (placing the American and Air Force flags on stage) during various ceremonies.

"Normally we start work on facing movements and the marching steps needed for our ceremonies for about 15 minutes of practice," said Sergeant Laffin. "Then, we break into four person teams and practice retreat at the flag pole or posting the colors."

That not only requires precision and practice, but qualified people, like Sergeant St. Pierre and Staff Sgt. Michelle Stocker, to train the Airmen on those movements.

As proud of the members of the honor guard are of the honoring the traditions and sacrifices previous service members have made, they are equally proud of their contributions to the Global War on Terrorism and giving Iraq the chance to choose a democratic society.

"I am very proud of what we are doing 'over here,' said Sergeant Stocker, "to make our world a safer place to live and to ensure that the citizens of Iraq will get the chance to celebrate their own independence."

Sergeants St. Pierre and Corona agree.

"Our nation is doing a great thing by helping the Iraqi people create a system of government that their people will be able to control as they see fit," Sergeant St. Pierre said. "I would hope that if the tables were turned, another country would support us and help return the control of our government back to the people."

"Anything that is worth fighting for is probably the best thing someone could have," said Sergeant Corona. "If the Iraqi people want their freedom and we have the capability to help them, then we should do so."

Snapped around Services



Alo-ha!

The Los Angeles Air Force Base Enlisted Club went Hawaiian during its first Aloha Thursday event recently. Hawaiian food and fun were the order of the day starting with breakfast featuring banana and coconut pancakes. Lunch menu consisted of a pork carving station, pineapple salsa, Hawaiian chicken with plum glaze, Hawaiian fried rice and free dessert. The afternoon Luau served free Hawaiian pupus (hors d'oeuvres). Hula dancers performed and also gave hula lessons. Giveaways and a drawing completed the day. The Aloha Thursday celebrated the Hawaiian culture and was an opportunity for base personnel to relax and have a great time. In this photo, participants enjoyed a lesson in Hawaiian hula dancing instructed by one of the members of the Hula Entertainers. (U.S. Air Force photo/Steve Schester)

FROM THE FRONTLINES

Safe gaming

Two Airmen from the 447th Air Expeditionary Group play video games in the recreation tent at Sather Air Base, Iraq, in their body armor. (U.S. Air Force photo/Staff Sgt. Bryan Bouchard)



Let's duel!

Kyler Dinham, left, challenges Lorenzo Wolff, right, to a YuGiOh duel while Jordon McNeal waits for his turn in the tournament. The popular card game is one of many activities the Tyndall Air Force Base, Fla., Youth Center provides children during open recreation hours. Open recreation hours are 4-7 p.m. Monday, Tuesday and Thursday; 4-10 p.m. Friday; and 2-6 p.m. Saturday. (U.S. Air Force photo/Chrissy Cuttia)

Snapped around Services



Missoula: Play packs in audience

More than 100 parents and friends exploded into applause as children took their bows at the end of the Little Red Riding Hood performance at the Lajes Field, Portugal, Community Center recently. The performance was the culmination of the week-long Missoula Children's Theater sponsored by the 65th Services Squadron. For six days, 33 children ages 6 to 14 memorized hundreds of lines, songs, dance moves and positioning. In that short amount of time, parents saw quiet kids come out of their shells and hyper kids focus their energy to achieve a goal. In this photo, the locksmith, Sarah Allen, and babyhood, Kendra Brown, are upset when they can't find the lock to go with the key. (U.S. Air Force photo/Matthew Weir)

Hot out of the oven

Senior Airman Shameka Risch, 5th Services Squadron at Minot Air Force Base, N.D., handles a tray of hot pizzas at the Flight Kitchen recently. The Flight Kitchen supports the Airmen who work on the flight line who can not eat at other dining establishments on base. (U.S. Air Force photo/Airman 1st Class Cassandra Butler)



Strength, endurance

Senior Airman Matthew Meartz, 37th Security Forces Squadron, Lackland Air Force Base, Texas, tests his strength in the Strongman Competition held recently at the Warhawk Fitness Center by holding two 25-pound weights out to his side for as long as possible. Competitors also tested their muscular strength and endurance through other weight-lifting maneuvers such as the clean-and-press and deadlifts. In the women's category, Gina Warren came in first, Capt. Cheryl Lockhart claimed second, and Senior Airman Tara Moore took third. In the men's category, Tech. Sgt. Eric Price earned first place, Staff Sgt. Oliver George took second place, and Staff Sgt. Brandon Pack took third place. The Strongman/ Strongwoman Challenge was scheduled by the base fitness centers. (U.S. Air Force photo/Senior Airman Danielle Johnson)

Robins riding stables offer a variety of creature comforts for the equestrian members of the family at an affordable cost



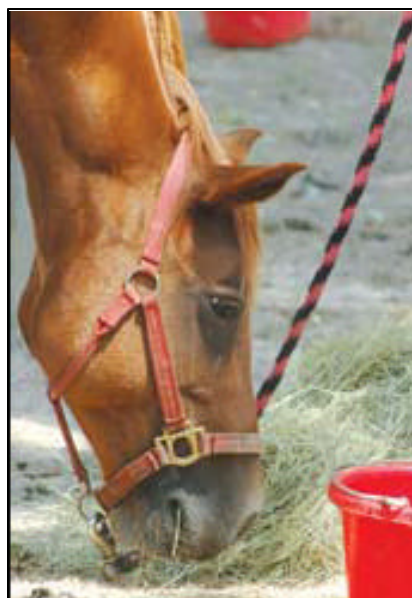
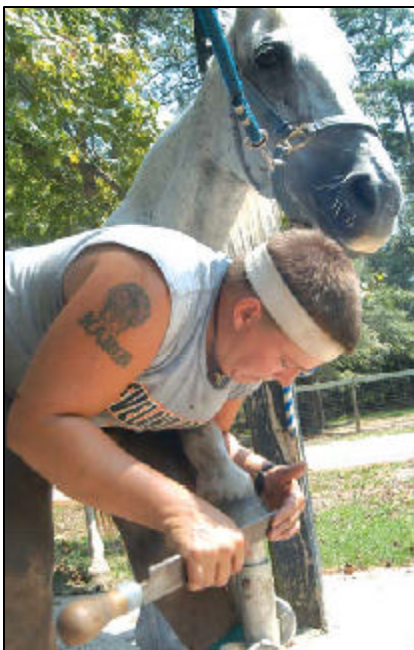
Above, Dara Martin gives Kira a cool squirt of water at the Robins riding stables. Kira is half Arabian and half Paso Fino. The Robins Air Force Base, Ga., riding stables, near Luna Lake, offer a lighted riding ring, hot and cold wash racks, a horse trail, stalls and a horse pasture. All base ID cardholders, to include active duty, Reserve, retired and DOD civilians, are eligible to use the stables. (U.S. Air Force photos/Sue Sapp)

Right, horses stabled at Robins can roam the spacious pastures.

Bottom left, Sue Smith, Windquest Farrier Service, replaces a shoe on Kira. The farrier service comes to the stables twice every six weeks.

Bottom center, Shatoo, a resident at the stables munches on some hay.

Bottom right, Shadow, owned by Staff Sgt. Jason Zuromski, looks out from her stall door.



Chef's cooking goes to the dogs, cats

By Tech. Sgt. Stephen Bailey
Carswell Field, Texas, Public Affairs

Staff Sgt. John Dake, 301st Services Squadron, Carswell Field, Texas, is always looking for an opportunity to showcase his passion for cooking and to satisfy his desire in lending a helping hand to people in need.

That opportunity came recently when he visited a local pet store to purchase his

new family pet – a baby kitten interestingly named Cayenne, after his favorite seasoning.

“I saw a notice in the pet store's window that the owners were soliciting for donations to help with the care and feeding of the numerous pets they were trying to help,” Sergeant Dake said.

He mentioned that a great money maker idea could be to ‘raffle off a chef.’ He then explained that he would be

willing to prepare and serve a five-course meal to the winner and would provide all of the food if all the raffle proceeds could go to the pet shop.

“Needless, to say, the owners were extremely excited!”

Work then began to advertise and promote “Paws and Claws” which, according to the organizers of the event, took off like gangbusters with hundreds of tickets being sold and more than \$2,000 raised for the charity.

The grand prize winner just happened to be Heather Hays, a local television personality for FOX 4 News, along with a few of her friends, who were wined and dined during the grand prize evening.

“A huge ‘thank you’ to a man who cares about his craft — and about the world around him. He donated countless hours to prepping and preparing the meal he proudly served. Kindness like his is not often seen,” said Ms. Hays.

Sergeant Dake, a 2003 graduate of Aims Culinary School in Dallas, prepared the five-course meal to the winning eight.

“The evening was great and everyone seemed to enjoy the food and all the preparations,” Sergeant Dake said. “These events give me the chance to strengthen my cooking skills and it's a great way to network and develop future opportunities.

“I was glad the event was a huge success.”



Staff Sgt. John Dake, 301st Services Flight, donated more than just time to some needy foster pets. He helped raise more than \$2,000 for the charity, Paws and Claws, by hosting a home-cooked meal. (U.S. Air Force photo/File)

FROM THE FRONTLINES

Night at Apollo 'Raises the Roof'



Staff Sgt. Jeffrey Kach, 407th Expeditionary Logistics Readiness Squadron, ran away with the show when he sang Billy Joel's "Piano Man." He won the first place prize, a \$300 gift certificate at the Ali Apollo Talent Show. (U.S. Air Force photo/Staff Sgt. Rasheen Douglas)

By Master Sgt. Ruby Zarzyczny
407th Air Expeditionary Group Public Affairs

The Big Top was packed on a recent Saturday night when Airmen, Soldiers, Sailors and civilians performed during the Ali Base Apollo Talent Show. During the two-hour extravaganza the contestants sang, played guitar, danced and performed martial arts. The talent on stage was so exceptional that the Sandman, who was waiting in the wings to sweep the bad acts off the stage, never got to sweep anyone off.

The Sandman, Staff Sgt. Donnell Tucker, 407th Expeditionary Civil Engineer Squadron, entertained the crowd with his comical antics during the intermission, Dating Game show and throughout the night.

Being in the audience felt like being transported to a theater back home. It was

professionally composed and the Masters of Ceremony, Tech. Sgt. Danny McDaniel and Senior Airman Troy Hoover, gave the show a VH1 flair as they skillfully guided the audience through the acts.

The contestants who performed competed for first, second and third place. The audience chose the winners, who received \$300 for first place, \$200 for second place, and \$100 for third.

Staff Sgt. Jeffrey Kach, 407th ELRS, was the audience's favorite after he had them singing along to his rendition of Billy Joel's "Piano Man." Second place winner was Staff Sgt. Robert Isarrarza, 407th ESFS. He showcased his strength and style as he performed a freestyle hip-hop break dance to "Touch It" by Busta Rhymes. Third place winner was a group called "Jared and the Subway Dancers," who performed a dance

choreographed by Airman Edlord Posada to "Are You That Somebody" by Aaliyah. The group members are 2nd Lt. Joseph Harris, 407th AEG, Staff Sgt. Mark Manalili, 407th ESFS, Airman 1st Class Kelly Ito, 407th ESFS, and Airman Posadas, 407th ESVS.

From the explosion of cheers, laughter and applause from the audience, every act on stage was a winner.

"There may have been other events highlighting the talents of our deployed Airmen under the Ali Idol moniker," Capt. Timothy Smith said. "But none that encompassed the range of talent from our sister services or coalition partners like this one did."

"This was an outstanding turn out for this type of event," he continued. "The crowd was

Continued on next page



"Wow!!" The crowd cheered while Staff Sgt. Robert Isarraraz performed a free-style hip hop break dance to "Touch It" by Busta Rhymes. He won second place at the show. (U.S. Air Force photo/Master Sgt. Ruby Zarzyczny)

made up with every segment of our population. The Italians, Brits, Aussies, civilians, Army, Navy and of course the Air Force were all there for the show. It was spectacular!"

Like most great things, they don't just happen without superb leadership. This show's driving force was Staff Sgt. Lasandra Crockett 407th ESVS.

"She is truly awesome," Captain Smith remarked. "She displayed what is great about the Air Force in that we stress network building. Her ability to tap into several areas of the greater Ali Base and Camp Adder community was evident in the size and energy displayed by the crowd."

Night at Apollo rocks Ali

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Staff Sergeant Crockett said she pitched the idea of a talent show to her network of friends, Staff Sergeant Tucker, Tech. Sgt. McDaniel, and from the 407th ESVS Staff Sgt. Venise Penny, Staff Sgt. Michelle Stocker, Staff. Sgt. John Joseph and Senior Airman Hoover, and they stepped right up to help. Sergeant Crockett put up signs everywhere, and talked to people searching for talent for the show. She said her best source of talent came from the people who sang during Karaoke at the Big Top on Saturday nights.

After she found her talent for the show, it took almost six weeks of hard work to prepare.

"The contestants are so wonderful," Sergeant Crockett said. "They have so much talent. I saw them different times during the day and night working on their routines and acts. Just to get up in front of all those people takes a lot of effort itself."

"I had a lot of help from people who wanted to see this happen," she added. "Col. [Dave] Orr [407th AEG commander] and Chief Master Sgt. [Walt] Lilly really promoted this event by encouraging people to get involved."

It took a lot of work the day of the show, too.

"Saturday morning, a crew of about 10 members of the 407th ELRS night shift, led by Staff Sgt. Revius Norris, helped me

set things up," Sergeant Crockett said. Since we didn't have decorations, Staff Sgt. Alec Ferguson, 407th EOSS, helped me out using little things we found around lodging and the hot spot."

"I also had my usual help," she added.

Sergeant Crockett was pleased to see her and her friend's hard work pay out during the show.

"I couldn't be happier with the way the show turned out," Sergeant Crockett said. "But the real thing that touched me was how members of different services approached me and said thank you for letting us be a part of the show. They said it was a real morale booster for them."



"Jared and the Subway Dancers," Airman Edlord Posadas, Airman 1st Class Kelly Ito, 2nd Lt. Joseph Harris and Staff Sgt. Mark Manalili performed a dance choreographed by Airman Edlord Posadas. They took third place at the Ali Apollo Talent Show. (U.S. Air Force photo/Staff Sgt. Rasheen Douglas)

A look at the new Air Force family

By Margie Arnold
21st Services Squadron Marketing

Life is better today for Air Force families than it was a generation or two ago. And Services helps make it so.

When Col. Wayne McGee Jr., 21st Operations Group commander at Peterson Air Force Base, Colo., was a child, his father was a chief master sergeant in the Air Force. His family moved a lot – as most military families do, so they didn't have a hometown, per se.

What they had, instead, was the base community, and wherever they moved, from base to base, they and other military families just like them came together at those familiar, common places – the pool, club, golf course – and took advantage of whatever was offered. Being with other military families gave them a sense of identity and belonging, a genuine bond of community.

"When my dad was stationed in Okinawa from 1976 to 1979, I played baseball, which was a big part of my life then," said Colonel McGee, "and I spent a lot of time at the gym and the pool. In fact, we had an annual pool pass and my mother was a lifeguard."

"To many families, Services is the face of the Air Force today," said Colonel McGee.

When he and his wife, Margie, and their three children – Megan, 15; Lucas, 9; and William, 7 – moved to Peterson from Virginia in June 2005,

they joined the pool, the youth center, and the Officers Club.

"For the most part, you know what to expect from base to base," said Mrs. McGee. "For us, the Services facilities provide continuity for our family and that's where we tap into what's going on. There's a consistency you can expect in the programs, a comfort level with the services, and peace of mind because of the safety issue."

Being commander of the 21st Operations Group demands much of Colonel McGee's time. In order to be involved in his children's lives and attend events important to them, he merges his calendar with theirs.

"Driving across town would restrict the number of events I could attend. The proximity of my family doing things on base means I can be there for them. I can see both of my boys play organized sports on base."

Here, the McGee children take swimming lessons at the Aquatics Center, Lucas and William participate in organized youth sports through the R.P. Lee Youth Center, and they have enjoyed events at the Officers' Club as a family.

Services facilities bring people together and make it easier to make friends – and rekindle old friendships.



"We were having dinner at the Officers Club here one evening and were delighted to run into a couple we had gotten to know years ago. We would not have known they were in this part of the country if not for that chance meeting at the club," said Mrs. McGee.

His father was a club member (NCO Club), and the younger McGee joined the Officers Club when he became a second lieutenant.

"I signed up because I wanted to be part of the base community. The club was where various meetings were held, where people dined out, where official ceremonies were held. Being a member seemed a natural thing to do, and, because of the coupons members receive, membership has never been a burden."

Colonel McGee recalled his first assignment as a second lieutenant – Peterson AFB. It was here 15 years ago that he joined the Aero Club, housed then in Hangar 104, and learned how to pilot a plane

Continued on next page

New look Air Force family

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under the instruction of retired Col. Cary Mallot.

Today Hangar 104 is home to the 76th Space Control Squadron, which reports to him. Colonel McGee is now a certified private pilot. He has completed his instrument and cross-country training. He counts the days until he gets back in the pilot's seat and reconnects with his former instructor.

"We often hear that there's nothing to do, nowhere to go," said Colonel McGee. "Having a nuclear community means that everyone can participate."



Lucas, 9; and William McGee, 7 participate in organized youth sports organized by the 21st Services Squadron just like their father, Col. Wayne McGee Jr., 21st Operations Group commander, did 30 years ago in Okinawa. (U.S. Air Force photo/File)

Good food fast

By Holly Birchfield
Robins Air Force Base, Ga., Public Affairs

Deciding where to grab a quick bite to eat isn't a complex decision for workers in Bldg. 640 anymore.

The Avionics Complex Snack Bar that has served up hot meals from the Robins Air Force Base, Ga., restaurant in its 500 square-foot establishment for more than 17 years recently grew by 1,000 square feet and added a deli to give its nearly 1,500 potential customers another way to satisfy their hunger.

The idea of the new snack bar-deli combo, located in the heart of Bldg. 640, is rousing people's appetites in the work center. Dennisha Becker, an administrative assistant in the 402nd Electronics Maintenance Support Squadron, who will rely on the snack bar to ward off hunger pangs throughout the day, said she likes the fact that a good meal is only a short walk away.

"The parking here, because there's 1,500 people, is often a problem," she said. "Just getting to your car and back takes 15 minutes. If you have a half hour for lunch, then obviously the deli is really going to help out a lot."

"We already offer plates, hot meals, salads and (pre-made) sandwiches," said Angie Ford, Mobile and Snack Bar supervisor in the 78th Mission Support Group's Services Division. "Now, we're going into the fresh sandwiches made on the spot, whatever the customer desires. It will be just like a deli down town."

Ms. Ford said in all, the snack bar offers about 20 different breakfast and lunch items to customers each day.

"I think it's going to help our customers get a great deal," she said. "The customers have been asking for something like this so they can stay in the complex."

Jay Wood, lead engineer for the 402nd Electronics Maintenance Support Squadron's Facilities Engineering Team said the 402nd Electronics Maintenance Group's desire to put people's needs first fueled the more than \$200,000 project, which was funded by the group's Maintenance and Facilities Repair program.

"It was more of an attitude of putting our people first," he said. "We were trying to service the folks that work in here (Bldg. 640) better by just giving them a better working atmosphere in the facility."

Hurricane repairs at marina moving forward

By Senior Airman Jake Gard
Keesler Air Force Base, Miss., Public Affairs

Hurricane Katrina repairs continue at the Keesler Air Force Base, Miss., marina on the Back Bay of Biloxi. When Katrina's storm surge hit, flooding from Back Bay heavily damaged the marina facilities.

"The main damage came from the water surge, which caused the water to rise anywhere from 16 to 22 feet," said John Rettig, director of outdoor recreation. "The damage included a loss of 70 to 75 percent of the decking and the entire boardwalk area. The breakwater was heavily dam-

aged and the entire electrical and plumbing utilities

were destroyed. Every floating dock disappeared."

Currently, the decking and utilities are being worked on by contractors from Texas.

"Construction has started and the tentative date for completion is March 2007," Mr. Rettig said. "It is approximately a \$5 million project. We are currently attempting to bring on a temporary operation of floating docks and a fueling system, so people can go boating and fuel up their boats to use the Back Bay."

On the boating front, another

sign of progress was the recent arrival of three more new pontoon boats. When they're ready to go in the water, the marina's post-Katrina pontoon boat fleet will be up to seven craft.

The indoor pavilion in marina park suffered

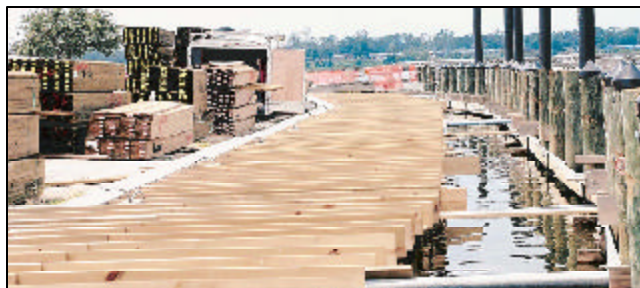
severe damage to its plumbing and electrical facilities from the same storm surge that devastated facilities on the shoreline. Mr. Rettig said the bottom half of the building received "heavy water damage. We have corrected that. We are back up to 100 percent. The top of the building didn't get a drop of water in it because of the way we designed it," he added.

In the days prior to Katrina, the marina staff took measures to minimize the damage the facility would sustain.

"Before Hurricane Katrina struck, we moved all of our major equipment up on base, but due to the severity of the storm, that did not help," said Mr. Rettig. "Where we normally put our pontoon boats, under cover at the hobby shop, the wind was so intense that it blew some of the boats a block from their location."

Since the storm, measures have been made to strengthen marina facilities.

"All of the marina's facilities will be provided with additional hurricane straps and equipment to prevent the damage that occurred from Katrina," said Mr. Rettig.



Progress on rebuilding the pier at the marina is evident in this view from the shore. On the left are materials for completing the project. (U.S. Air Force photos/Kemberly Groue)



Contractor Tommy Hendrix prepares to carry a load of electrical conduit down the pier for installation.

Keep boredom at bay at Izmir Library

By Staff Sgt. John Mosier
Izmir Air Base, Turkey, Public Affairs

At Izmir Air Base, Turkey, the library's not just for people seeking sources for assignments.

Lt. Gen. Glen Moorhead III, then commander, NATO Allied Air Component Command Izmir, Turkey; and commander, 16th Air Force, U.S. Air Forces in Europe, Ramstein Air Base, Germany, granted all libraries within USAFE the funding to build their collections. Since then, many changes have been made to the library's collection, as well as expanding the services they provide.

The Izmir Community's library collection is growing and in almost every area, according to Librarian Patricia Larrabee.

"We constantly receive new books, but I recently ordered 300+ DVDs for our collection," she said. "Also, our library is now enrolled into a DVD lease program so that we'll always have the most current new releases for our community to borrow."

"When those films are no longer considered new releases I just send them back, then I get in the new batch," she added.

That's just the tip of the iceberg. In addition to DVDs, the music collection has and will continue to grow. Another popular material that people

borrow is the Rosetta Stone Foreign Language Curriculum, for learning to speak Turkish. However, Rosetta Stone isn't limited to just the Turkish language, they offer 29 other languages to choose from.

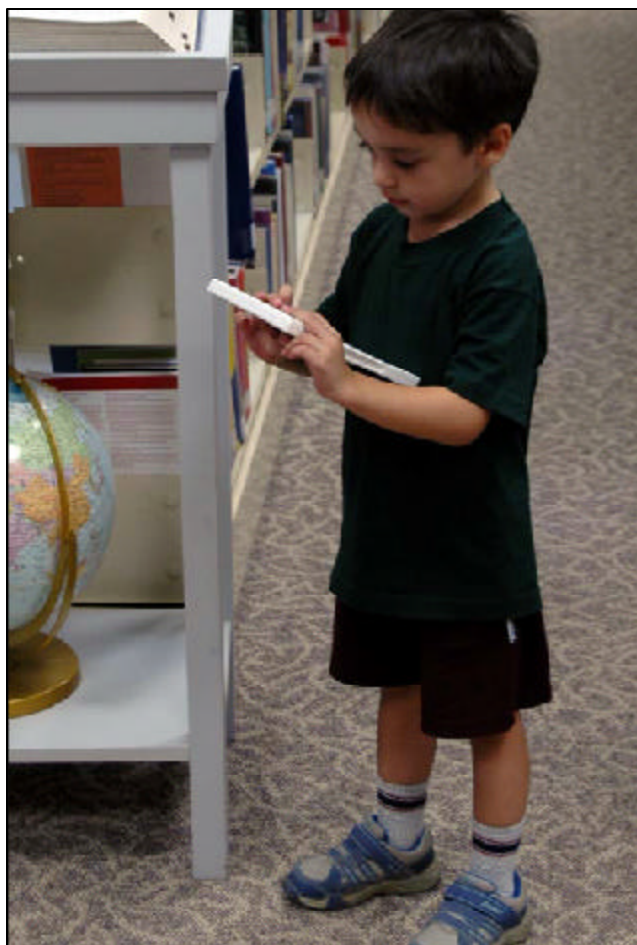
The Izmir community is also the test library for the Rosetta Stone Language packs on-line. Initially Ms. Larrabee purchased 20 individual licensing agreements for the 425th ABG community; however, all 20 of those licenses are taken, with eight people currently on the waiting list.

The collection expansion includes more technology for the Izmir Community to enjoy. In addition to six brand new computers, there's a new printer for customers to use along with wireless internet access.

Staff Sgt. Anthony Harris, who is a regular library patron, said "Our community library is really some-

thing. I just bought a new laptop and I have yet to get my connection at home installed, so I just bring my computer to work with me and use the library's access at lunch."

Whether it's learning a second language or just wanting something to enjoy on your day off, the Izmir Community Library has something for everyone.



Deniz Volkan Neeland, age 4, checks out a DVD at the base library. (U.S. Air Force photo/Staff Sgt. Laura Kornis)

R.P. Lee Youth Center receives Boys, Girls Club growth award

By Steve Brady

Peterson Air Force Base, Colo., Public Affairs

The Peterson Air Force Base, Colo., Youth Center is being recognized by the Boys and Girls Club of America with a growth award for increased membership.

"From 2004 to 2005, we saw a significant increase in our overall program participation," said Erin Clapper, youth programmer for the R.P. Lee Youth Center.

The Family Member Programs flight chief, Jane-Marie Kopycinski, accepted the award. All Air Force youth centers are an affiliate of the Boys and Girls Club of America.

The growth award is given to a Boys and Girls Club based on their increase in overall program participation. Peterson AFB's youth center submits an annual report to the national organization detailing membership, participation and programs offered.

During the year, the center introduced a variety of community events and programs Ms. Clapper said, including a

number of Boys and Girls Club programs.

"Our Torch

Club (is popular), it's a character and leadership club, and it

does a lot of community service type projects, beautification and special events," said Kelley Wanderscheid, assistant director of youth programs.

Recently the group ran a booth at the Kids Day Carnival to raise money for the club.

"Another popular thing is our art club," she added. "It's very, very busy."

The staff at the center is dedicated to making it a fun place for the youth.

"Our staff makes (the Youth Center) popular by providing interesting activities for them to become engaged in," Ms. Wanderscheid said.

Activities include pool tournaments, talent night, lock-ins, field trips and a variety of other events.

The Boys and Girls Clubs of America's motto is "A Positive Place for Kids."



Firefighters from the Peterson Fire Department explained fire safety at the Youth Center's job shadow day. The Boys and Girls Club of America gave the center a growth award for increased membership. (U.S. Air Force photo/File)

"We support this belief in all of our programs and special events," Ms. Clapper said. "We offer youth a safe and healthy environment providing programs that enhance character and leadership, the arts, education and career development, sports, fitness and recreation, health and life skills."

"Youth should consider participating in our programs not just for the fun they will have but because we offer them a place to be themselves, hang out, and be with their friends," she said. "We have a wonderful team of dedicated staff who support, encourage, and challenge the kids here each day."

FROM THE FRONTLINES

Relax, enjoy at the 380th Community Activities Center

By Master Sgt. Suzanne Roe
380th ESVS Superintendent of Recreation
and Fitness

There are a variety of activities available at the 380th Expeditionary Services Squadron Community Activities Center that includes different modes of relaxation, chilling out and having a good time.

Often, friends and co-workers, after working through a hard day on the flightline, a security checkpoint, or long day in the office, meet at the CAC to make their day complete.

Refreshments, gift items, wide-screen TV's and a place to play card games with some friendly competition happen at the CAC. If you don't know what's going on, just check the schedule on any one of the bulletin board's located in the CAC, dining hall, movie theater or the fitness centers.

"Services plays a vital role in keeping everyone happy while deployed," said Staff Sgt. Shanika Clardy, 380th ESVS Customer Service Representative. "Our goal is to bring a touch of home and good times to the people we support."

Those good times include games, a movie room, tournaments, morale phones, morale computers, and televisions to view sports, movies, or any type of show.

The CAC has two levels. The first level has several tabletop games — air hockey, ping-pong, foosball, three pool tables and two dart boards for a game of cricket.

The second level has an open area with tables and chairs that is perfect for card tournaments.

In addition to card games, there is also the TV video game room with several Playstation and X-Box set-ups, a movie room, morale phone booths, a computer room and the Learning Resource Center.

The LRC features audio CD's, books and movies for checkout and the Video Home Program.



The Rosetta Stone Language Learning Program is also available.

"We're here to ensure your visit to the CAC is an enjoyable experience," said Senior Airman Raul Sierra, 380th ESVS Customer Service representative.

"The CAC is the control center for many of the Services activities," said Staff Sgt. Amber Amerson, 380 ESVS. "The customer service desk is where you can get information regarding events, logging in for the morale phone and you can sign up for morale trips. We also manage the base theater and pool."

The 2nd level of the CAC can also be reserved for meetings and events.

"Services impacts everyone," said Staff Sgt. Erica Fowler, 380th ESVS Fitness NCOIC. "Good meals, dormitory room comforts, and fitness are just a few of our responsibilities."

Whether your forte is pool or purchasing a gift, the 380th Expeditionary Services Squadron Community Activities Center offers all the above and more. (U.S. Air Force photos by Master Sgt. Stan Coleman)

Inexpensive home cooking at Hale Aina

By 15th Services Squadron Marketing Department
Hickam Air Force Base, Hawaii

When you have a monster truck appetite, but only a compact-sized wallet, where should you eat? Hale Aina, called by many the biggest little secret at Hickam Air Force Base, Hawaii.

The Hale Aina Dining Facility serves enlisted members and those individuals authorized by the installation commander to meet mission requirements. The mission of the Hale Aina staff is to serve up high quality meals at low

prices with friendly faces in a pleasant atmosphere.

Hale means "house" or "home" in Hawaiian and aina means "of the land." Land has always been considered sacred to Hawaiians because the very livelihood of the original people depended on what they could produce from the land. Food, of course, is a product of the land and it is plentiful at Hale Aina. The eatery cooks up more than 200 meals three times a day, plus a late-night snack from 11 p.m. to 12:15 a.m.

According to Master Sgt. Maurice Collette, acting dining facility manager, the Hale Aina kitchen works tirelessly as they roast, bake and grill their way through a 14-day meal cycle. During each rotation, more than 84 different main

entrees are prepared.

Hale Aina features comfortable air-conditioned seating for more than 225 diners complete with large screen TVs so guests can stay current with the latest news or their favorite reality show.

The fresh salad bar is by far one of patrons' favorite stations. At last count, it featured 28 different items, many locally grown. There's also a made-to-order grill and custom deli sandwich station for judicious dieters.

Hale Aina is also home to some festive special events. The Quarterly Birthday Meal is held on the second Thursday of the first month of each quarter. Airmen who have their birthdays during the quarter enjoy the opportunity to be served by their commanders and first sergeants and feast on steak, lobster, shrimp and birthday cake in a room filled with party favors.



Birthday meal participants enjoy the steak and lobster at the Hale Aina Dining Facility. (U.S. Air Force photo/Staff Sergeant Helenor Luna)



Hale Aina serves up a variety of hot dishes, has a made-to-order grill and a custom deli sandwich station. (U.S. Air Force photo/Mark Saruwatari)

Continued on next page



From left, Senior Airman Johnny Powell, Effran Valdez and Senior Airman William Steger, chefs of the 15th Services Squadron, create delicious meals three times a day plus late-night snacks. (U.S. Air Force photo/Mark Saruwatari)



The salad bar is a favorite of Hale Aina patrons. It features more than two dozen fresh ingredients, many locally grown. (U.S. Air Force photo/Mark Saruwatari)

‘Home of the land’ at Hickam *continued from page 28*

There's also the Airman's Appreciation Meal on the second Friday of each month featuring a special menu.

Hale Aina is open seven days a week and offers a special brunch menu on Saturdays, Sundays and holidays from 6 a.m. to 1 p.m. It's Hawaii's active duty choice for a satisfying, financially responsible and most importantly, home cooked meal.



Three Airmen enjoy their meal at "House of the Land." The specialty of the house is home-cooked meals. (U.S. Air Force photo/Mark Saruwatari)



Big Match Up Winners

From left, Capt. Ed Reynado, 6th Services Squadron, MacDill Air Force Base, Fla., presents a \$1,000 check to Tech. Sgt. Charles Morris, 6th Engineer Squadron, while Wendy Foster, 6th SVS, presents a \$500 check to winner Senior Airman Vanessa Hardaway, 6th Logistics Readiness Squadron. Sergeant Morris said the money will come in handy with the birth of his second child and Airman Hardaway plans to treat her office to a pizza party. (U.S. Air Force photo/File)

Buster's opens for business

From left, Chief Master Sgt. John Korzenko, 62nd Aircraft Maintenance Squadron First Sergeant; Wayne Bechard, McChord club manager; Col. Damon Booth, 62nd Operations Group commander and Maj. Shawn Campbell, 62nd Services Squadron commander; cut the wire that officially opened Buster's. (U.S. Air Force photos/File)



By Patti Jeffrey
62nd Services Marketing

The grand opening of Buster's, the new flightline eatery at McChord Air Force Base, Wash., came down to the wire — literally.

Commanders, Airmen and 62nd Services personnel applauded the "wire cutting" that launched full operation.

Buster's is an important "first" for McChord.

"We're responding to customer's needs for closer,

more convenient service where they work and spend a majority of their time," said Wayne Bechard, McChord club manager. "After all, we're here to support the maintenance crew, crew members, pilots and others who work the flightline day in and day out."

How did Buster's come about?

Chief Master Sgt. John Korzenko, 62nd Aircraft Maintenance Squadron First Sergeant, simply wanted something to drink and eat on the flightline other than vending machines. The request culminated in Buster's, according to Maj. Shawn Campbell, 62nd Services Squadron commander.

Buster's is a spacious place to eat and relax. Those finishing off their night shift can get breakfast as early as 4:30 a.m.

Patrons can check their email at the computer station, relax on one of the sofas to catch up on cable television sports, or enjoy breakfast, lunch, snacks or a freshly made latte or coffee drink.

In his opening remarks after the wire was cut, Col. Damon Booth, 62nd Operations Group commander, said, "It's a great

day for Team McChord and for Maintainers. Thanks to CE for making Buster's operable, the computer staff for setting up an email and computer station, and Services and the club staff for their efforts."

"We've had a lot of help to make this vision come together," added Mr. Bechard. "In particular, Tech. Sgt. (Tracy) Beus has been instrumental in making the rubber meet the road. As the building's facility manager, he made sure we had whatever we needed to get Buster's ready — phones, proper electrical service, furniture, you name it."

"We needed a place for everyone to go for a 10- or 15-minute break, or to get some food other than what the shoppette provides," said Sergeant Beus, 62nd Aircraft Maintenance Squadron building 1182 facility manager.

"I've been in here already for lunch," said Lt. Col. Tony Clavenna, 62nd Aircraft Maintenance commander. "The staff's awesome. I saw one guy at 4:30 a.m. Wednesday on the sofa waiting for the place to open."

"You've brought a great service to the flightline."



Tech. Sgt. Calvin Ridley, 62nd Maintenance Squadron, orders a "First Strike" burger.

Alconbury, Spang boast Extreme Summer big winners

By USAFE Services

It is a summer to remember for Debra Kirchmeier from RAF Alconbury, United Kingdom, and Airman 1st Class Vanessa Harsh from Spangdahlem Air Base, Germany.

Ms. Kirchmeier is the winner of a 2007 Dodge Caliber and Airman Harsh is the winner of a Harley Davidson Sportster 883 provided by Exchange New Car Sales in support of the USAFE Services 2006 Extreme Summer program.

The Extreme Summer program encouraged all USAFE active duty military, DOD civilians, and their family members 8-years old and older to get involved in a variety of fun events while allowing participants to earn points by playing in the program.

These points were then loaded in the Extreme Summer

website. At the end of the program the winners were drawn.

Extreme Summer provided more than \$150,000 worth of prizes throughout the summer in early enrollment, monthly and end of program prizes.

The Extreme Summer program also provided two first place prize packages for each of the adult categories. The four lucky winners are Lt. Col. Sarajane Stenton and Leigh Dedrick, from Izmir AB, Turkey; Staff Sgt. Vincente Flores, from Stavanger Air Station, Norway; and Staff Sgt. Jaime Torres, from Spangdahlem AB.

These four lucky winners will be going to a NASCAR Nextel race at Atlanta Motor Speedway in Georgia. Winners receive two VIP Gold tickets to the event, round-trip airfare, hotel accommodations and rental car, VIP passes to the pits, VIP seating for the race,

and the opportunity to meet their favorite NASCAR drivers.

Two grand prizes were awarded in the teen and youth categories of Extreme Summer as well. The lucky winners are Sarah Uchwal, RAF Fairford, U.K.; Kellie Schreiber, RAF Lakenheath, U.K.; Marina Lindland, RAF Alconbury; and Jessica Sowder, Incirlik AB.

Each winner can take up to three family members with them and receive round-trip airfare, hotel in a Disney property, rental car, and 4-day park hopper passes.

The USAFE Services Extreme Summer program is sponsored in part by: Coca-Cola, Stars & Stripes, Exchange New Car Sales, Air Force Reserve Command, TKS, Walt Disney World, Speedway Children's Charities, Armed Forces Vacation Club, Edelweiss Lodge and Service Credit Union.



Monkeying around

Local Boy Scout Trey Harrop, son of Tech. Sgt. Donald Harrop, 5th Aircraft Maintenance Squadron, reads a Curious George book to children at the Minot Air Force Base, N.D., library recently. The library held a 65th birthday party for Curious George, the popular children's book character. (U.S. Air Force photo/Airman 1st Class Joe Rivera)

Technology prevents traumatic injury

It's "thumb's up" for this Wright-Patterson Air Force Base, Ohio, Arts and Crafts worker who survived a run-in with a table saw with barely a nick, thanks to the accident prevention technology incorporated in the newly purchased table saws. (U.S. Air Force photo/Mary Butler)



**By George Parker,
Wright-Patterson Air Force Base, Ohio
Services Marketing Director**

A recent incident at the Wright-Patterson Air Force Base, Ohio, Arts and Craft Center has proven the value of new technological advances in saw safety, according to the center director, Mary Butler.

"As I was about to fall asleep, the last thing I heard was 'the table saw that won't cut you.' I noted to myself to find out more about that saw."

After much research and talking with the company, Mrs. Butler was sold that these saws would be an excellent addition to her wood shop. Selling the idea to the Services Division's leadership was a no brainer, especially when she showed them the demonstration video. In short course, the Wright-Patterson Arts and Crafts Center was equipped with two new table saws that incorporated the latest accident prevention technology.

Mrs. Butler is now an advocate for this new technology. Here's why.

Mrs. Butler was sitting at her desk when she heard the

words, "Come quick. Mike has cut himself on the table saw."

Instead of a very serious injury, it was the wood shop manager's excited exclamation, "We now know the new saw works!"

Mrs. Butler said, "I ran back to the wood shop only to find my very talented wood worker with barely a nick! His thumb looked like he had torn a nail rather than just made contact with a high speed table saw blade! I really hate to admit how excited I was to see his cut thumb. It didn't even bleed!"

This new technology allows the saw to detect the difference

between wood and a person. It stops the saw blade in milliseconds. In most cases, such an accident using these technological advanced saws would result in just a nick, instead of the devastating injury that would occur on an ordinary saw.

"I'd like to get the word out about this brilliant piece of equipment," she said. "I encourage all Air Force Arts and Crafts Centers with wood shops to consider purchasing equipment with this new accident preventing technology. It is an investment that can't be denied!"

Honor at the park

Airman 1st Class Ramsey Gardner, Eielson Air Force Base, Alaska, Honor Guard member, plays "Taps" in recognition of American prisoners of war and those missing in action during the recent National POW/MIA Recognition Day ceremony at Heritage Park. The 354th Fighter Wing assembled in formation at the park to pay homage to lost comrades and participate in a wing retreat ceremony. (U.S. Air Force photo/Airman Jonathan Snyder)



Father, son solo in same Cessna; first in Eglin's Aero Club history

By Lois Walsh
Eglin Air Force Base, Fla., Public Affairs

A father and son team reached a common goal this summer that made news at Eglin's Aero Club.

Retired Lt. Col. Ty Alexander and his son Grant both soloed in the same Cessna 172 just two weeks apart. The colonel spent much of his 20 years in the Air Force as a fire control officer.

Even though growing up around blue suits, Grant, a senior at Niceville High School, has his sights set on becoming a helicopter pilot in the Army. Their combined love for flying set them on track for private licenses.

"I wanted to get my civilian ratings done and eventually want to get a sea plane rating," Colonel Alexander said. "Grant is serious about Army aviation and hopes a license will help his cause, and it seemed like a fun thing to do together." Grant agreed.

"Being around the military, I decided I wanted to fly airplanes, but the Army seemed more interesting," he said.

According to Jim Jackson, chief pilot for the Aero Club, there are a lot of requirements to earn a license, including completing a 35-hour course, which takes either a week full-time or eight weeks' worth of evenings.

Hands-on flying can be before, after or in conjunction with the ground school.

"Some people fly first to get a better feel of what we talk about," Mr. Jackson said. "We do take-offs and landings, flying at different speeds, stall maneuvers, ground maneuvers at

lower altitudes and basic aircraft handling."

Mr. Jackson said an initial solo flight includes monitoring the radio, flying three patterns and finishing with a safe landing. Normally, pilots solo after 15 hours of flying with a licensed instructor.

For the Alexanders, their solo flights differed -- Colonel Alexander took off and landed at Crestview's Bob Sikes Airport and Grant flew in a pattern around the base. He had one proud spectator cheering him on.

"It was a huge rush watching Grant fly around and know he was by himself," Colonel Alexander said. "No kidding, he actually flies the pattern and lands the plane better than I do -- he has quite a bit of natural ability."

Mr. Jackson said the Alexanders can now go out on local solos and work on instrument skills, night flying and eventually qualify to go cross country. It might be more difficult for Grant now that he's back in school, active in the Reserve Officer Training Corps and cross country.

But the men are beginning to think about a trip together in November to go quail hunting.

"Instead of spending four hours in the car, we might just fly off in an airplane," Colonel Alexander said.



Grant Alexander and his father Ty set a milestone at Eglin's Aero Club by soloing two weeks apart in the same Cessna 172. The Alexanders can now go out on local solos and work on instrument skills, night flying and eventually qualify to go cross country. (U.S. Air Force photo/Lois Walsh)

Names, faces in the news

Eglin Airman NCOA grad

Tech. Sgt. Dorothy Hansen, 96th Services Squadron, Eglin Air Force Base, Fla., graduated from Class 06-6 at the Tyndall NCO Academy recently.

Eglin ALS has SVS grad

Senior Airman John Vickery, 96th Services Squadron at Eglin Air Force Base, Fla., recently graduated from Airman Leadership School Class 06-G.

Kirtland technical sergeant graduates NCO Academy

Tech. Sgt. Lynda Hawke, 377th Services Squadron at Kirtland Air Force Base, N.M., recently graduated from the NCO Academy.



Kirtland HG NCOIC retires

Maj. Jerry Bishop, Air Force Operational Test and Evaluation Center, presents Master Sgt. David McKay from the Kirtland Air Force Base, N.M., Honor Guard a prisoner of war/missing in action flag to post during last year's POW/MIA ceremony. After serving as the noncommissioned officer in charge of the honor guard for more than three years, Sergeant McKay will leave his position upon his up-coming retirement from the Air Force. (U.S. Air Force photo/Todd Berenger)

All in a day's work

Gaby Blair, Barber
Robins Air Force Base, Ga., Officers' Club Barber Shop

"I've been working here four years in October and I love it. A lot of people think because we're located in the O-Club we only cut officers' hair but we are open to the general public, 18 years and older. We have three barbers and take appointments and walk-ins. I couldn't ask for a better place to work. I get to meet different people who have come here from all over the world. I think having a good barber that you can trust is like having a good mechanic for your car." (U.S. Air Force photo/Sue Sapp)



Tyndall's

Checkertail Salute

Airman 1st Class Antoinette Doctor

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall Air Force Base, Fla.'s Warrior of the Week. Award recipients receive a certificate, letter from the commander and a one-day pass.

Airman Doctor serves 200,000 meals regularly throughout the year at Tyndall's dining facility. When cadets were training at Tyndall, she served 70,000 more. She has been on numerous deployments including Iraq, Spain and Mississippi.

Duty title: Services apprentice

Time on station: Three years, two months

Time in service: Three years, two months

Hometown: Charleston, S.C.

Hobbies: Reading, watching movies

Goals: Earn a bachelor's degree in business

Favorite thing about Tyndall: The beaches

Favorite movie: "What's Love Got To Do With It"

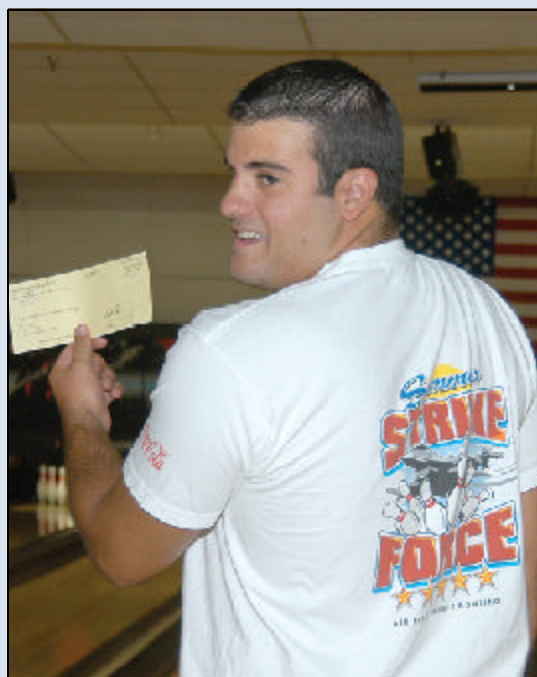
Favorite book: "The Bluest Eyes," by Toni Morrison

Proudest moment in the military: Receiving this award



Airman Doctor receives the Checkertail Salute Warrior of the Week award from Col. Tod Wolters, 325th Fighter Wing commander. (U.S. Air Force photo/1st Lt. Amanda Ferrell)

Cadet bowler wins \$500



Cadet 1st Class Mike Clawson displays the \$500 check and T-shirt he won in the Strike Force promotion. (U.S. Air Force photo/James Lovely)

Cadet 1st Class Mike Clawson was the grand prize winner in this summer's Strike Force contest at the U.S. Air Force Academy Lanes bowling center.

He won \$500 in the promotion that ran from June 1 to July 31.

"I just went down the Keys for a week and I'll probably use the money to pay off that vacation," said Cadet Clawson, who is a member of Cadet Squadron 32.

Cadet Clawson, who said he bowls "two or three times a week," recently signed up to bowl on the Monday Night Intramural League at Academy Lanes "with four or five buddies from CS-32."

Other prize winners in the promotion included Kim Andrews, who won \$250, Haley Fuston, winner of a bowling ball and bag; and J.T. Roth, who won a Strike Force patriotic, collectible full-size bowling pin.

Quiet, please

New librarian ready to serve, offer new programs for readers

By Robert Fox
Sheppard Air Force Base, Texas, Public Affairs

Kathleen Roseboom, new librarian at Sheppard Air Force Base, Texas, has big plans for the depository of novels and reference books.

She said they have rearranged some book shelves and made other minor changes to make things more efficient. But for right now, she said she just wants to get everyone on the same page and understanding the direction the library is heading.

"We're working toward keeping this a friendly, welcoming, safe-harbor for all those (who) want to come in," Mrs. Roseboom said.

She said they want everyone from children to retirees to feel welcome to use the library.

"I'm still new, still learning what they've done in the past, and hopefully, as a team, we can come up with new things people will enjoy," she said.

Mrs. Roseboom said she would like to bring in storytellers and authors. She said they have also considered board game tournaments and "Murder at the Library," a kind of live role-playing event. Even a singles evening and book clubs



Librarian Kathleen Roseboom plans to bring new programs to the Sheppard Air Force Base, Texas, library to encourage participation among Sheppard's readers. (U.S. Air Force photo/Robert Fox)

are possible if there is public interest she said.

She said they are planning murals for the children's area and a fall festival.

We want everybody to feel like this is their library," she said.

Mrs. Roseboom received her Masters of Library Science degree in 1992. She was the librarian at Iowa Park High School from 2004 until she took the position as Sheppard's librarian at the request of Lynn Landis, the base's former librarian.

FROM THE FRONTLINES

Balad Airman of the Week

Airman 1st Class Aaron Oeth

Unit: 332d Expeditionary Services Squadron

Air Force specialty: Services apprentice

Home station: Dyess Air Force Base, Texas

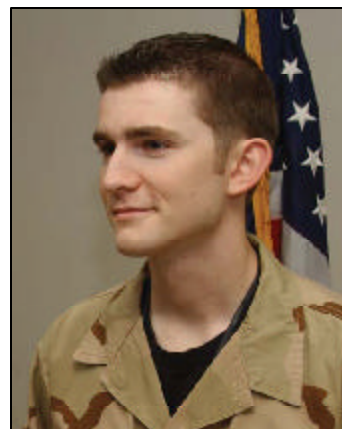
Family: Wife and son

Years in Air Force: 3

Deployments: One

On-duty contribution at Balad: Airman Oeth developed two new weekly programs at the recreation center to enhance morale: a video game tournament and a card tournament.

Off-duty contribution at Balad: Airman Oeth continued to support services events at the recreation center during off-duty time to ensure his fellow Airmen had a place to relax.



(U.S. Air Force photo/Senior Airman James Croxon)

Snapped around Services

Take a walk on the safe side

Jana Mitchell, 431st Services Flight Kapaun School Age Program lead assistant at Ramstein Air Base, Germany, stops traffic for students walking to Kaiserslautern American Elementary School recently. (U.S. Air Force photo/Christine June)



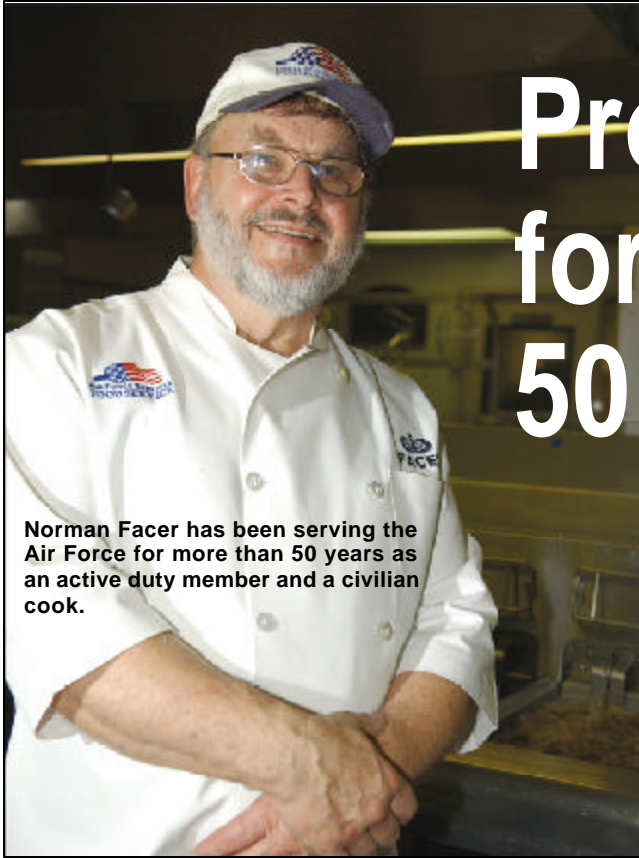
Picture perfect

Custom framer Chan Johnson cleans the glass for an extra large frame. The Columbus Air Force Base, Miss., Arts and Crafts Center provides all types of custom framing for prints, photographs, mementos, flags, needlework and more. People can get a head start on holiday gifts that require framing by visiting the arts and crafts center at Bldg. 335 to select matting and frames. (U.S. Air Force photo/Pam Wickham)

Got it covered

Mary Glancy, Sand Dollar Inn housekeeper, makes a guest's bed in one of the lodging facilities. The Sand Dollar Inn at Tyndall Air Force Base, Fla., is open 24 hours a day, 365 days a year. They cater to servicemembers, retired military and their families. (U.S. Air Force photo/Staff Sgt. Stacey Haga)





Norman Facer has been serving the Air Force for more than 50 years as an active duty member and a civilian cook.

Proud to serve for more than 50 years

**By Staff Sgt. Olenda Peña-Perez
Elmendorf Air Force Base, Alaska, Public
Affairs**

"Most people don't like corned beef, but that's because they haven't had mine."

Norman Facer doesn't worry about having leftovers when he cooks, because he knows how to make unpopular dishes into new favorites and after 52 years of service; 40 of those being a cook – he does just that.

Mr. Facer, a cook at the Iditarod Dining Facility at Elmendorf Air Force Base, Alaska, was recognized recently and received a 50-year pin for serving in the Air Force as an active duty member and

a civilian for more than 50 years.

At the age of 17, he joined the Air Force in 1955 with the encouragement of a couple of co-workers.

"I was working at a sawmill at the time and a couple of older guys said they were going to join the Air Force next Monday and dared me to join with them, so I showed up -- they didn't, and I joined up," he said. "Anyway, it was the best thing I ever did."

He was sworn into the Air Force at Fort Douglas, Utah, and then sent to Parks AFB, Calif., for basic training.

"I was only 17 years old and knew nothing about the military, and when I got to basic I couldn't figure out why they yelled at you – I found out later," he said.

Shortly after graduating basic in March 1955, Mr. Facer went to aircraft maintenance

school at Amarillo AFB, Texas, for single engine jets including the F-86, F-94 and T-33.

"It was pretty challenging for a dumb ol' farm boy who had never seen a jet plane," he said.

When he got to his first duty station, Yuma Municipal Airport, Ariz., at 2 a.m. it was 120 degrees.

"I wondered what had I gotten into," he said. "When I arrived at the base at 8 a.m., all I could see were tents. I asked what was going on and was told it was a new base and we would have to live in tents until we got new buildings – it took two years."

Nearly everyone stationed there were either F-86 pilots or Aces from the Korean War. Mr. Facer became an assistant crew chief on his commander's F-86, and about a year later he replaced the crew chief who changed station. He also received his third stripe.

"I was pretty proud that I was given the colonel's plane to

Continued on next page

Hanging it up after 50

continued from page 38

crew. It was quite a privilege," he said.

While he was stationed at Yuma, Mr. Facer started working part time helping chefs at the Stardust and Flamingo Hotels.

"My second career was started,," he said.

After the new buildings were up in 1957, the base was sold to the Marines for \$1, and he was sent to Tyndall AFB, Fla., where he started working on F-101's and F-102's. He was married and had a baby girl. He started working part time at some restaurants and hotels as a cook.

In November 1961, he received orders to Elmendorf AFB, Alaska.

"My wife wasn't too keen about going to Alaska, but still came along, and we arrived in March 1962," he said. "When I reported to the orderly room, I was told I would be on heavy maintenance crew, but first, all new people had to do 30 days of kitchen patrol."

In August 1962, Mr. Facer and his wife parted ways.

"In 1963, I was sent to the ejection systems school and we opened our shop the very day President Kennedy was assassinated."

Mr. Facer, again, started working part time at a restaurant on Government Hill and in a bowling alley, which has since been converted into a church.

"This is where I met my present wife in 1964," he said. "I worked with her sister, she told me that her sis was coming to visit her from Texas and wanted me to meet her. When Norma got here, she introduced her to me, and I didn't believe they were sisters. Sandy was short and brunette and Norma was a good looking, long-legged, redhead. This lady is my pride and joy to this day. We've been married for 41 years. She brought a son with her and we had a son together."

In 1966, Mr. Facer was transferred to Edwards AFB, Calif. He was only there a short time before coming back to Alaska. He got out of the Air Force, Aug. 12, 1966.

"When we came back, I leased a restaurant in Government Hill and people from the base would come eat with us. One day in 1967, a lady from the civilian personnel office came in and said they were hiring cooks, so I applied and was hired. I worked one year at the Yukon Dining Hall before it was closed. I was then transferred to Kenai Dining Hall where I worked for most of the last 40 years.



Norman Facer shows his basic training picture from Parks Air Force Base, Calif, in 1955. He is a cook at the Iditarod Dining Facility. He is proud to wake up at 3:30 a.m. to feed the service members here. (U.S. Air Force photos/Senior Airman Garrett Hothan)

"I've had a good career in food service and met many interesting people from all over the world, including a lot of our country's leaders like President Bill Clinton when he was here in the late 80's. I got to sit with Hillary and I talked to her and she said she really liked Alaska.

"I take much pride in saying I've worked for the Air Force for over 50 years. I think the Air Force is the greatest organization in the world, and I tell many people this very thing; 'if it weren't for the Air Force, we wouldn't be a free nation and our standard of living wouldn't exist.'"

Mr. Facer said he has received many awards but the one he was most proud of was when he won Civilian Employee of the Year for Alaska in 1989.

Unfortunately for the people at Elmendorf, Mr. Facer put in his retirement paperwork Oct. 3 and plans to make it official Jan. 5.

Team Minot warrior



Tech. Sgt. Ernest Powers

Unit and occupation: 5th Services Squadron lodging operations NCO in charge
Hometown: Louisville, Ky.
Time in Air Force: 13 years, two months

Hobbies: Working out, playing X-box 360

Favorite song: "The Greatest Man Alive" by EST

Favorite movie: "Excalibur"

Favorite TV show: I love to watch college and pro football on the weekends.

Favorite food: Lumpia prepared by my wife

Greatest fear: With all the changes occurring in the Air Force, not being able to complete 20 years and retire.

What do you find to be the most unique part of your job? Customer service because it's the beast that never sleeps. This is what I do 24/7.

What is your most memorable moment in the Air Force? Making technical sergeant because it feels like it is one of the hardest ranks to make in the Air Force.

Why did you join the Air Force? I wanted to be independent.

What are your goals in life? Retire from the Air Force and enjoy life.

Who is your hero? My father, Allan S. Powers Sr., due to the fact we have a great relationship, unlike a lot of fathers and sons around the world. My father has always been there for me when things seem to be falling apart in my life. He has always given sound advice such as, "if you shake a person's hand and you tell them you will take care of it, you just made a contract and see it through to the end." What else can you expect from a man who has served 25 years in the Marine Corps?



Tech. Sgt. Ernest Powers
(U.S. Air Force photo/File)

Patriot of the Month

Name : Jason Aponte

Rank : Senior Airman

Age : 24

Hometown : Cranston, R.I.

Unit : 439th Services Squadron, Westover Air Reserve Base, Mass.

Position : Storeroom alternate assistant manager

Civilian position : Computers

Favorite food : Steak

Years of service : Four

Favorite sport : Baseball

Favorite hobby : Playing

Flightsim

Ideal vacation : Spain

Best way to relax : Going online

Preferred entertainment :

Listening to Pink Floyd

Favorite hero : Superman

Favorite music styles : All types

Favorite movie : Titanic

Favorite aircraft : 747-400B

Pet peeve : People who think it's weird that Titanic is my favorite movie

What would I do if I won \$1 million : What wouldn't I do with it?



(U.S. Air Force photo/Master Sgt. W.C. Pope)



Great American Bash gives away Sportster

Navy LT Avery Scott poses with the brand new Harley Sportster motorcycle given away by 18th Services Squadron, Kadena Air Base, Japan. (U.S. Air Force photo/File)

The 18th Services Squadron at Kadena Air Base, Japan, welcomed more than 4,000 patrons to this year's Great American Bash celebration at Marek Park.

This event included rides for the children and games for the family, as well as adult entertainment.

The grand finale featured a spectacular fireworks show, providing 20 minutes of dazzling lights in the air.

Navy LT. Avery Scott thought he was coming out for a day of celebration and ended up driving away with a Harley Sportster, courtesy of Exchange New Car Sales.

Also, Richard Gunselman won a pair of round trip tickets to the continental United States, courtesy of American Airlines and Sergeant Alberto Rodriquez won two round trip tickets to Hawaii, courtesy of United Airlines.

The lead into this event was enticed by a month long program called Cruise Thru Services that provided customers with a Cruise Card that they could get stamped at a number of different Services facilities.

The completed Cruise Card with 10 stamps brought to the Great American Bash entered participants into a random drawing for the prizes.



Eglin FCC provider earns national recognition

Air Force Base, Fla., Family Child Care provider, Barbie Hartwell, reads to children in her FCC program. Ms. Hartwell was recently recognized during the 2006 Scholastic Early Childhood Professional Awards. Ms. Hartwell received one of only 10 Honorable Mention designations for the 2006 Scholastic Early Childhood Professional Awards. These awards honor outstanding educators from across the nation, both civilian and military, for their exemplary leadership skills and commitment to the early childhood profession.



PROFILES FROM THE FRONTLINES

(U.S. Air Force photos,
interviews/Capt. Willie Rudd)

Airman Jose Cardoza
Sather Air Base



Airman Jose Cardoza
Recreation Specialist
447th Expeditionary Services
Squadron
Sather Air Base
Hometown: Brentwood, N.Y.
Home station:
Eglin Air Force Base, Fla.
Number of times deployed: 1
Deployment goals:
Go back home in one piece.
Best part of this deployment:
Doing all the cool things I
can't experience back home.
Hobbies:
Drawing and paintball.
Best military memory:
BMT graduation.

Staff Sgt. Mo Frederick
Bagram Air Base



Staff Sgt. Mo Frederick
NCOIC, Lodging (Night Shift)
455th Expeditionary Medical
Services Squadron
Bagram Air Base
Hometown: Cincinnati, Ohio
Home station: Ramstein Air
Base, Germany
Number of times deployed: 6
Deployment goals: Continue
to provide unwavering support,
to help strengthen the bond
between cultures.
Best part of this deployment:
Meeting and working with truly
remarkable people while we all
do our respective parts in the
overall mission.
Hobbies: Close-up magic and
photography.
Best military memory: I
would have to start with one of
my earliest memories, which
was the first day I was issued
my dog tags and ID card; I felt a
sense of belonging to some-
thing greater that day.

Tech. Sgt. Annie
Galbreath
Eskan Village Air Base



Tech. Sgt. Annie Galbreath
Dining Facility Manager
64th Expeditionary Services
Squadron
Eskan Village Air Base
Hometown:
Opelika, Ala.
Home station:
Eglin Air Force Base, Fla.
Number of times deployed: 6
Deployment goals:
CLEP as many classes as I
can towards my degree.
Best part of this deployment:
Meeting awesome people and
learning about the Arabic
culture.
Hobbies:
Cooking and reading.
Best military memory:
The day I found out I was
promoted to staff sergeant.

Golf course construction project complete

By James Baker
Wright Patterson Air Force Base, Ohio,
Public Affairs

The Prairies Trace Golf Course renovation has modernized the facility, making it one of the top tier golf venues in the Air Force today, according to Buz Schweibold, director of golf for the Wright-Patterson Air Force Base, Ohio, courses.

The project ran about four months and entailed adding newly designed U.S. Golf Association greens, new bunkers and a state-of-the-art sprinkling system. The course is tentatively scheduled to reopen for business around the middle of next summer.

"The architect and the shapers worked well together and did an amazing job," said Mr. Schweibold. "The changes

that were made will help with maintenance and make it a much more efficient course."

He said a double row sprinkler system allows the greens and sod to only be watered when necessary and never results in too much water in one area.

The system is completely computerized and will make the job run much smoother, according to Shannon Pearson, superintendent.

"The changes that have been made to the course have been fantastic," said Mr. Pearson, who has worked at the Wright-Patterson facilities for six years. "We can now pinpoint exactly where the water is needed and be much more accurate. I can even control the (sprinkler) system from my home if necessary."

Mr. Schweibold also said the transition went smoother than expected over the summer thanks in part to patrons accessing tee times through an automated phone system and via the Internet. The new system will remain in place when all three golf courses are open.

The changes are already making waves with the announcement that the Air Force Golf Championship has tentatively scheduled Prairie Trace Golf Course as its host next year.

"I think the course will eventually be one of the best in the Air Force," said Mr. Schweibold. "We were very lucky for the opportunity to rebuild our golf course. This was a long term fix that will last for years to come."



Kids get kicks at camp

Recently, the Niagara Falls Air Reserve Station, N.Y., hosted its first annual soccer clinic. The clinic was opened to military children in the Greater Western New York area, ages 6-12. Approximately 60 children participated in this camp. The clinic taught all of the children soccer techniques as well as rules of the sport. The clinic was taught by Michael Mariglia, 914th Services Recreation specialist, who is a certified soccer coach. Michael Williams, 914th Services Recreation director, said that this camp was held in conjunction with Air Force's "Fit Factor" promotion. Mr. Williams plans on holding more sports clinics in the future. (U.S. Air Force photo/Michael Peters)

Kapaun Airman goes extra mile for customers, one table at a time

By Master Sgt. Chuck Roberts
U.S. Air Forces in Europe Public Affairs

When it comes to going that extra mile in pursuit of providing customer service, Airman 1st Class Nickolas Caldwell has journeyed far -- one table at a time.

If you eat at the Lindberg Hof dining facility at Kapaun Air Station, Germany, it's almost a given that Airman Caldwell will drop by your table to share a smile and to ask about your meal.

Diners have responded to his honest concern, and their voices were heard all the way to U.S. Air Forces in Europe headquarters by Gen. Tom Hobbins, USAFE commander, and Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant.

In recognition of Airman Caldwell's superior performance, General Hobbins presented the 20-year-old Texas native an Airmen Committed to Excellence coin Oct. 17 at a surprise ceremony in the newly opened Parish Enlisted Heritage Room.

"You always go that extra mile and we wanted to do something to show how we felt," said General Hobbins during the presentation. "We just wanted to say thanks to a young man who makes a big difference in the lives of a lot of people."

Most of those people are students at the Kisling NCO Academy situated adjacent to the dining hall. About 80 percent of the student body is at the school on temporary duty, so dining at the Lindberg Hof becomes a way of life during their six-week stay.

The food may be enjoyable, but the caring customer service displayed by Airman Caldwell is so noteworthy that it's routinely mentioned by students on their end-of-course survey.

Their praise soon caught the attention of academy commandant Chief Master Sgt. Mike Warner, who said Airman Caldwell personifies the professionalism and values his instructors strive to instill in their students. The standards at the school can be demanding, so Chief Warner said fellowship offered by Airman Caldwell can help make their academy experience more pleasant.

"At the end of a tough day, he's the guy who greets you and makes you feel welcomed. And he does it all with a smile on his face," Chief Warner said.

It's not just customers who appreciate Airman Caldwell. A former supervisor, Master Sgt. James Reed, said Airman Caldwell performs like a seasoned veteran who can always be counted on to ensure mealtime goes smoothly, from



Airman 1st Class Nickolas Caldwell receives his Airmen Committed to Excellence coin from Gen. Tom Hobbins, USAFE commander. (U.S. Air Force photo/File)

setting up the meal to closing down the dining hall.

"We need people like him in Services because you can go from jobs dealing with food to lodging to fitness, so customer service plays a big part in this career field," said Sergeant Reed.

A commitment to caring began at an early age for Airman Caldwell, who grew up in Cleburne, Texas, helping support a struggling single mom with two children. As the man of the family, Airman Caldwell said it often fell to him to help keep things together.

There was never the time or money for things most teenagers enjoyed, but in junior high someone gave him a worn out guitar that helped fulfill an

Continued on next page

Manas Warrior of the Week

FROM THE FRONTLINES

Tech. Sgt. Jason Krivda

Duty title: Lodging flight chief

Manas unit: 376 Expeditionary Services Squadron

Home station: Holloman AFB, N.M.

What do you enjoy about being at Manas?

"My new desk and the lack of mortars that were present at my last deployment."

First thing you'll do at home:

"Drink more than two beers in a 24-minute period."

Outstanding attributes:

"As the lodging flight chief, he is administrator for 3,700 bedspaces, 20 dorms and 49 tents totaling more than \$10 million in assets. His operation is crucial to Manas as it is the gateway to the Afghanistan AOR. His best attributes are loyalty, reliability and responsibility."



Tech. Sgt. Jason Krivda
(U.S. Air Force photo/File)

Taking it one table at a time *Continued from page 44*

ambition to play music. After turning 17, he fulfilled another lifelong goal of joining the military.

At basic military training, Airman Caldwell said he was surprised there wasn't the camaraderie and feeling of brotherhood he expected. As someone accustomed to walking down the street saying hello to everyone, he decided to change that.

And he has, strolling from one table to the next in his white chef's coat, blue pants and combat boots, saying hello to customers, asking how their day is going and if they're enjoying their meal.

"I like doing that. I've always liked helping people. I'd expect the same thing."

And he especially liked the opportunity to ply his trade while deployed to Manas, Kyrgyzstan, where he had the opportunity to help brighten the day for Airmen and Soldiers who entered the dining hall with a big appetite and a perhaps a frown on their face after a hard day or simply from missing loved ones back home. He is often

successful, but realizes there will always be those who don't necessarily appreciate Services workers or realize the complexity of a career field that even encompasses mortuary affairs.

Although Airman Caldwell has never been officially assigned mortuary duties, he has volunteered in his off-duty time both here at Ramstein and Manas.

In the middle of the night, he assisted with the movement of a deceased Soldier from down range, whose aircraft stopped at Ramstein en route to the United States. It was an emotional event for Airman Caldwell when he realized he shared the same rank and was about the same age as his Army counterpart.

Airman Caldwell said he wants to keep on serving, and is interested in pursuing a career as a firefighter either in the Air Force or as a civilian.

In the meantime, he'll keep pursuing a college degree and his love for music. And of course, he'll keep taking care of his customers, one table at a time.

FITNESS & SPORTS

52 participate in Golf 4 Kids

By Lori Peppers
45th Services Squadron

Developing both the love of the game and proper fundamentals are the goals of the Golf 4 Kids program, conducted by the Patrick Air Force Base, Fla., Manatee Cove Golf Course.

For 10 or 11 years now, the popular program has covered fundamental forms and skills, with instructors reviewing the proper forms of putting; chipping; pitching; sand play and full swing. The program includes play on the course, fun skill games and skill competitions with other participants.

Patrick Golf Director Jim Hickey noted a large number of children have gone through the Golf 4 Kids junior golf program over the years, with a few success stories emerging along the way. He proudly points to the fact that Vicky Hurst, the 16-year Melbourne, Fla., golfer who continues at Holy Trinity as a junior in the fall, established her beginnings in Patrick's junior golf program.

Ms. Hurst recently competed in the 2006 U.S. Women's Open in Newport, R.I. She holds the fourth spot among junior female golfers in the Golfweek/Titleist Junior rankings.

According to program coordinator Gloria Uzee, with 52 budding golfers ranging in age from 7 to 15, this year's program is at capacity and no applicant was turned away. She points out that camp size is only limited by the number of instructors, though she acknowledges the fact that not all golfers can teach.

Rick Blue, a six-year veteran instructor of youth golf, enjoys returning every year to volunteer because of how easily the children absorb the game. Beginning the game at a young

age, children learn that they at least have the ability to play, notes Ms. Uzee, even if they stop and pick it up again several years later.

The game of golf also instills some important life skills, she explains. "While learning the game of golf, golfers are also taught proper etiquette on the course, and develop character - learning to get along with others, as well as respect and integrity," she said. "Being honest is an important component of the game."

"There's a little pressure to get the ball in the hole, but I get to play with my dad, my older brother and grandpa, who says that I have a great swing," said 11-year old Shelby Davidson. The seventh grader plans to try out for her middle school golf team.

As in Shelby's case, starting a child in golf provides family members with the opportunity to play together in a common sport. But often, observes instructor Fred Mills, it has an opposite effect.

"When our juniors play more, we sometimes find the parents become more active and motivated to join them," he said.



The Golf 4 Kids junior golf program is a must for children at Patrick AFB. An easy sellout, it combines learning with fun. The 52 young golfers were divided into two age groups, ages 7-11 and 12-15. (U.S. Air Force photo/Nancy Watts)

Cape Fitness Center – where results matter

By Lori Peppers
45th Services Squadron

The best little gym this side of A1A.

As manager for the Cape Fitness Center, Rafael “Chez” Sanchez, believes that the Cape Canaveral Air Force Station, Fla., facility on the Space Coast of Florida offers more than just a place to work out.

To help others reach their fitness goals, Mr. Sanchez has worked to develop a distinctly different weekly bicycling program in which he provides instruction, keeps participants accountable via occasional weigh-ins and offers encouragement to the dejected.

About 17-18 cyclists, active duty and civilian Cape personnel, participate in the Tour de Cape Cycling program. They meet from 8 to 9:30 a.m. every Tuesday and Thursday, rain or shine. Following a 25-mile training loop, the ride is anything but leisurely.

“Here we focus on proper techniques of cycling to reach intended fitness goals, teaching the basics on how to cycle properly” Mr. Sanchez said. “There’s a lot more to cycling than just getting on the bike. We try to achieve specific training objectives each time we go out.”

A technique called “spinning”, for example, pushes the biker to spin between 85 and 90 rpm’s – utilizing the bike’s smaller gears and conditioning



Cape Canaveral Air Force Station, Fla., cyclists meet every Tuesday and Thursday for the Tour de Cape cycling program. The weekly program attracts both the beginning — as well as the serious — biker. Facilitators discuss such issues as “BONK”, the condition that occurs when hydration and nutrition is neglected. The biker loses energy by not fueling the body properly and ‘hits the wall’ — once he does, he doesn’t recover that day. (U.S. Air Force photo/Rafael Sanchez)

the hamstring muscles. The faster you spin, obviously, the faster you go and the more you use the hamstrings. Cyclists are taught not to work the quadriceps by using the front part of their foot, pushing with their toes. Instead they emphasize pulling with their heels to work the hamstrings. If training for endurance, bikers need to use the big gears to build strength in their legs.

“We teach the mechanics of cycling to avoid a biker ‘getting dropped,’ which is a negative term that cyclists use to describe getting left in the dust of faster bikers. Tour de Cape participants provide their own helmets and bikes,

If cycling is not for you, you might consider joining 25 active participants of the Cape Walking Club. An activity of the “Biggest Loser” weight loss/fitness challenge, the

walks start at 10 a.m. every Tuesday and Thursday. Fitness specialist Colleen Bowers-Toupin coordinates this program. Walkers begin the program with short increments, gradually increasing their distance to three miles.

Mr. Sanchez recommends beginning an exercise program at 30-45 minutes a day.

“People are busy, they have timelines to meet and weight standards to maintain,” he said, “If they attempt to commit to any more time than that, they may get discouraged and eventually drop out. I tell people to watch what they eat, do cardio and have fun doing it.”

Personal attention and a concern that patrons meet their goals is a way of business at the Cape’s Fitness Center.

According to Mr. Sanchez, it really is “the best little gym this side of A1A”.

While training at the Brooks fitness center,

Brooks strongman's comeback defies odds

By Rudy Purificato
Brooks City-Base, Texas, Public Affairs

To call Dennis Abernathy a "comeback kid" would be a misnomer.

At nearly 50, this former state powerlifting champion is no kid. However, age was pivotal in his recent decision to make a comeback in the world of competitive powerlifting.

"My goal is to set a new American record in the bench press," said Mr. Abernathy, 311th Mission Support Group test control officer.

He plans to do that four months after he turns 50 in November 2007, competing in the Masters III (ages 50-54) open division in the 242 weight class at the U.S. Powerlifting Federation nationals in Denver.

Mr. Abernathy is enthusiastic and confident that he will fulfill this goal, despite having had a long hiatus from the sport. His motivation is directly linked to what he did to help raise money during the most recent Air Force Assistance Fund campaign.

"I lifted 440 pounds without any support equipment," he said.

While an extraordinary feat to be sure, bench pressing that much weight convinced him that his chronically bad back won't deter him from meeting his goal. In fact, he achieved a comeback milestone in July

during a training session at the Brooks City-Base, Texas, fitness center. He bench pressed 500 pounds, a personal career best that while unofficial, would have ranked him second in the nation in the Masters II (45-49) division in his weight class.

When Mr. Abernathy set the state record in 1995 during a Brooks meet, he bench pressed a then personal best 485 pounds. That record held for three years, after which he retired from powerlifting competition.

"I had done all that I had set out to do," he said, explaining that he quit competing shortly after the Brooks powerlifting team disbanded, around 1997. His decision to retire from competitive powerlifting was

also based on having lost the emotional, mental and physical support that his teammates had provided.

"Powerlifting seems like an individual sport, but it's actually a team effort," he said.

An old team of supporters has contributed to his comeback.

"Willie Mastin has been a big supporter. He is a certified therapeutic masseuse. He works on my back monthly. I couldn't do it (comeback) without his help," Mr. Abernathy said about his longtime friend and fellow powerlifting champion who is also a Brooks fitness center specialist.

Continued on next page



Dennis Abernathy prepares to bench press 500 pounds during a recent training session at the Brooks Fitness Center. The 500-pound press was an unofficial career record for Mr. Abernathy, a former state powerlifting champion who is returning to the sport after a nine-year hiatus. (U.S. Air Force photo/Rudy Purificato)

Construction starts on new, larger gym

By Cristina Oxta
934th Services Squadron

The Minneapolis-St. Paul International Airport hosted a ground-breaking ceremony recently to mark the start of construction on the new fitness center.

Wing members, Air Force Reserve Command Director of Services Gerald Cardinal, as well as several local Congressional staffers attended.

"All branches of the armed forces use the fitness center, and with the extreme winters here in Minnesota, indoor fitness training is a priority," Col. Timothy Tarchick, 934th Airlift Wing commander said. "Air Force fitness supports a critical component of operational readiness."

The 24,000-square foot expansion project will triple the size of the existing fitness

center. The new facility will house a full gymnasium with volleyball and basketball courts and bleachers.

There will also be additional room for free weights

and cardio equipment, more lockers, showers and restrooms, an aerobics room, a multi-purpose room and offices.

The construction is scheduled to be completed in May 2007.



(Second from left) Margo Leslie, director of services, joins Gerald Cardinal, Air Force Reserve Command Director of Services; Col. Timothy Tarchick, 934th Airlift Wing commander; and several Congressional staffers in a little digging at a groundbreaking ceremony marking the start of the fitness center's expansion project. (U.S. Air Force photos/Cristina Oxta)

Long road back for powerlifting champion

continued from page 48

Other supporters include weight training partner Bill Thompson, and Joe Langenderfer, former Brooks powerlifting team trainer, who underwrites Mr. Abernathy's competition expenses as sponsor. He also credits the longtime support of fitness center director Roy Conatzer and the gym staff for contributing to his comeback.

"I could not have achieved my (training) goals without

their support," he said of his relationship with them that dates to 1986.

His resurgence in the sport is also attributable to a lifelong commitment to physical conditioning.

"I have never stopped working out," he said.

"As you get up there in age, recuperation becomes more important as far as listening to your body. What you do in the gym is a small

part of it (training). Taking supplements, eating right and getting enough rest is also important," Mr. Abernathy explained.

To him, staying healthy is more important than breaking powerlifting records.

"Working out is a lifestyle for me," he said. "If you find something you enjoy, you'll do it for a long time."

His joy is in knowing that he is capable of doing what he has set out to do.

Robins introduces new fitness center annex

By Amanda Creel
Robins Air Force Base, Ga., Public Affairs

Good news for Department of Defense civilian employees, who double as fitness enthusiasts, the end of waiting lists for on-base fitness centers has arrived.

The grand opening of the Robins Air Force Base, Ga., Fitness Center Annex in Bldg. 301 Bay H also brought with it the end of peak hours when only military personnel were allowed to exercise.

"This facility offers us more space to serve our customers," said John Enterman, Fitness Center director. "Now we can get our civilian work force as fit and ready as our military."

The center is equipped with a basketball and volleyball court, a one-tenth-of-a-mile circular indoor track, men's and women's locker rooms and a juice bar and cardio area.



Base leaders, building contractors cut the ribbon during the opening of the new fitness center annex. (U.S. Air Force photo/Ray Crayton)



Duane Simmons, a C-17 mechanic with the 402nd Aircraft Maintenance Group, works to burn some calories with a shoulder press at the fitness center annex. (U.S. Air Force photo/Amanda Creel)

The cardio area includes 52 machines and a free weight area.

The construction and equipping of the fitness annex cost approximately \$2.5 million.

The 40,000 square foot center offers state-of-the-art equipment with special features such as a fan and joy sticks to control speeds on the treadmills.

"The fan even makes sure that the air that is blowing in your face doesn't smell like sweat," said Capt. Emilio Ruizsoriano, deputy direc-

tor of 78th Services Division.

He added, "You can even connect DVD players, I-Pods and whatever else you want so you are nice and entertained while you run."



Brian Edwards, Nautilus GSA Fitness Corp., demonstrates the brand new Nautilus treadclimber. (U.S. Air Force photo/Ray Crayton)



"The television on these machines distracts you and all of a sudden you look down and you've been working for an hour," said Cameron Emerson, a sheet metal mechanic with the 402nd Commodities Maintenance Group. (U.S. Air Force photo/Amanda Creel)



By 2nd Lt. Lisa Kostellic
332d Air Expeditionary Wing Public Affairs

Stating that the timing is perfect, the 332nd Air Expeditionary Wing commander officially opened the new fitness center in H6.

"We're going to start a fit-to-fight campaign in to promote combat readiness," said Brig. Gen. Robin Rand. "Being fit and being combat ready are one in the same."

The new facility is nearly double the size of the old fitness tent. The increase means about 120 people can now work out at the same time, a 60-percent increase from the old facility.

"There is better lighting and better ventilation, and 95 percent of the equipment is brand new," said 1st Lt. Jason Guadalupe, 332nd Expeditionary Services Squadron deputy commander.

Emphasizing the physical demands of deployment, General Rand said the new facility is perfect for Balad Air Base

because fitness is crucial to our mission.

"Every time we put on our battle rattle for an extended period of time, there are Airmen who fall out. They are the ones who come over here who could not pass their physical fitness test," General Rand said. "If you don't think someone needs to be fit to load patients onto a C-17 for an aeromedical evacuation in 115-degree heat, you're wrong."

One of the more significant differences in size from the old facility is the aerobics and spinning area.

"The aerobics and spinning room is four times larger and is large enough to support two classes at once," said Lieutenant Guadalupe,

who is deployed from Royal Air Force Lakenheath, United Kingdom.

Other extras included in the new hardened facility are restrooms, an office and more storage space.

"I get re-energized every time I walk into the facility and see highly motivated Tuskegee

Airmen working hard to improve themselves," said Chief Master Sgt. Scott Dearduff, 332nd Air Expeditionary Wing command chief. "It's part of an Air Force cultural change continuing to take place. One that is long over due."

Although the fitness center is in use, it is not complete, said 2nd Lt. Rebecca LaFountain, 332nd Expeditionary Civil Engineering Squadron project manager who oversaw the center's construction.

"The fitness center will not have bathrooms until another project is complete," said Lieutenant LaFountain who is deployed from Eglin Air Force Base, Fla. "There is one under-way that will bring water and sewer to the new facilities and others in H6."

"It's nice to see they made the new gym available for us as soon as possible," said Capt. Bryan Wong, 332nd Air Expeditionary Wing protocol chief. "It's less crowded and better air conditioned. They have a lot of new equipment, and I haven't had to wait."

Snapped around Services

Just a blur

Second Lt. Eric Kliaber, Air Force Research Laboratory, joined other golfers to participate in the Mountain View Club's golf tournament at Tijeras Arroyo Golf Course at Kirtland Air Force Base, N.M., recently. (U.S. Air Force photo/Dennis Carlson)



Climbing to great heights

Samantha Hill, wife of Tech Sgt. John Hill, 509th Contracting Squadron at Whiteman Air Force Base, Mo., scales a rock while she is monitored by John Hardy, outdoor recreation director, recently. The two were part of a two-day trip sponsored by Whiteman Outdoor Recreation, and included eight people who went to Horseshoe Canyon Ranch in Jasper, Ark. (U.S. Air Force photo/Staff Sgt. Chris Clohessy)



Jump!

Landon Williams, 7, plays with a jump rope in the gym at the Maxwell Air Force Base, Ala., Youth Center. (U.S. Air Force photo/Breanna Wood)

Punch! Punch! Kick!

By 1st Lt. Erin Tindell
Mountain Home Air Force Base, Idaho

Gunfighters at Mountain Home Air Force Base, Idaho, are round-house kicking and uppercutting their way to fitness through a new aerobics class at the fitness center.

Turbo Kick is the latest craze to turn mundane cardio sweat sessions into stimulating and empowering workouts set to today's hit tunes.

What makes Turbo Kick so popular is that it's an all-over aerobic workout, said Turbo Kick instructor Capt. Sandina Brecheisen-Beach, 366th Medical Operations Squadron.

"It works your upper, mid and lower body at once to help burn more calories," she said. "This type of workout will lead to an increase in aerobic stamina and a potentially higher score on the run portion of the fitness test."

Because Turbo Kick is a total body workout, it tones and defines the entire body including arms, back, abs, legs and glutes. The fun nature of the class also positively affects your state of mind, said Captain BB, as her coworkers and friends know her.

Each one-hour class is a specially created round set to music that features a mix of kick boxing, punching, sports drills, hip hop and dance moves. The round also includes a "turbo" section, which is how Turbo Kick got its name, said Captain BB, who's been teaching Turbo Kick here for more than 10 months.

"It's a minute of choreographed madness that gets your heart rate soaring," she said.

While some Airmen may be a little worried about keeping up with the steps and intensity, Turbo Kick instructor Tech. Sgt. Mia Boss said all one needs to participate is an upbeat attitude.

"I always tell my class to just smile and have fun with it," said Sergeant Boss, 366th Operations Support Squadron. "The moves can be pretty tough, and you aren't going to learn and remember everything after one class, but the more you attend, the easier it gets."

Sergeant Boss first learned about Turbo Kick three years ago while stationed at Kadena Air Base, Japan.

Fitness class charges up workouts

Sandina Brecheisen-Beach teaches one of the Turbo Kick classes offered at the fitness center. (U.S. Air Force photo/Senior Airman Brian Stives)



"I used to lift weights a lot and would always pass the aerobics room and hear the fun music and see everyone having a great time, so I started to take the classes and absolutely loved the workout," she said.

She loved it so much that she decided to become a certified trainer last year.

"I wanted to become an instructor because all the instructors were hotties! Every single one of them was in the best shape," said Sergeant Boss.

Keeping in shape is the goal of Turbo Kick, and Gunfighters who take the class said it's helping them tremendously.

"I think I burn more calories doing turbo kick than running a mile," said Staff Sgt. Tyree Glenn, 366th Civil Engineer Squadron. "It's a totally different type of conditioning that I had to try [out] to respect it."

But no matter whether you're turbo kicking to fitness or running on the track, Sergeant Boss said to always put forth your best effort.

"It's your workout, and it's what you make it," said Sergeant Boss. "Just don't quit - you'll never achieve anything by quitting."

Houston Rocket Game Night Entertainment Crew tours Kosovo, Bosnia

The Houston Rocket Game Night Entertainment Crew, pictured here with Clutch the Hall of Fame Mascot and the five-person Launch Crew, toured European military bases recently. (U.S. Air Force photo/File0



Armed Forces Entertainment recently teamed up with the Houston Rocket Game Night Entertainment Crew to perform for soldiers, sailors, marines and airmen across Europe.

This unique trip combined the high-flying excitement of the five-person Launch Crew with the artistic display of the Power Dancers and the comedy of Clutch the Mascot.

The trip kicked off with the group traveling to visit and perform for deployed troops stationed in Kosovo and Bosnia.

The first show was before a crowd of 300, and the crowds grew bigger as the tour continued.

"We had a great time and were honored to entertain our troops

and meet Rockets fans from all over the world," said Susie Boudwin, Rockets Power Dancers coach and choreographer. "In particular, we were very excited to perform for those troops from our home state of Texas."

Highlighted by Clutch, the Hall of Fame Mascot, crowds enjoyed humorous antics throughout the night.

From the invisible chair tricks to the serenading of the audience, Clutch was the hit of the show. Not to be outdone, the Launch Crew performed acrobatic stunts that would have scored 10s in any Olympic event.

The Power Dancers topped off each show, bringing energy to the crowd with perfor-

mances that the Houston crowd has come to enjoy.

The only thing missing from this show was a basketball game.

Several members of the audience received free t-shirts and Houston Rocket Dancer Calendars.

"The Rockets Dancers, Launch Crew and Clutch put on an exhilarating show that kept the audience pumped up and on their feet," said Air Force Capt. Aubrey Semrau, Armed Forces Entertainment Circuit Manager for the Europe and Balkans circuits.

"What better way to show their support to the troops than by doing what they do best, lifting spirits and entertaining crowds," he said.

Armed Forces Entertainment is the lead Department of Defense agency for providing entertainment to U.S. military personnel serving overseas, with priority given to those in contingency operations and at remote and isolated locations.

The Department of the Air Force is the executive agent of Armed Forces Entertainment.

Founded in 1951, Armed Forces Entertainment brings a touch of home to more than 500,000 troops annually, embracing the best of Americana that stretches across all genres of entertainment.

Visit the Armed Forces Entertainment website at www.armedforcesentertainment.com for more information.

Columbus' biggest losers drop 1,100 pounds in three months

By Pam Wickham
14th Services Marketing Director

The Columbus Air Force Base, Miss., Fitness Center and Health and Wellness Center partnered together to offer a comprehensive worksite weight loss program called Columbus' Biggest Loser. The program culminated during an awards luncheon recently at the Columbus Club. Eighteen teams were recognized for this three-month weight loss competition. The purpose of the program was to encourage the adoption of healthy behaviors by the base community.

"The program was catered to meet each participant's fitness level goal," said Rob Wilburn, Fitness Center Director. "Everyone who finished the program far exceeded our expectations. We had more than a 1,147 pound weight-loss and a 327 percent body fat loss among the participants." Each six-person team had opportunities to earn points for their team by participating in a variety of exercise programs, attending behavior education classes, weighing in and for losing weight.

Fred Lewis, 14th Logistics Readiness Division, was the winner of the individual weight loss award. Mr. Lewis lost a total of 65 pounds during the program. He was also a member of the



The first place team, the True Warriors, stand with Col. Stephen Wilson, 14th Flying Training Wing commander. The team lost more than 159 pounds during the three-month Columbus' Biggest Loser program. (U.S. Air Force photo/File)

winning team – True Warriors. All together, True Warriors lost more than 159 pounds and more than 29 percent body fat. As reward for the team's efforts, each team member earned a three-day, two-night vacation.

"Program participants gained knowledge, motivation, support and hopefully the desire to continue a healthy lifestyle," said Ellen Edmonds, health education program manager.

Wing families in lakeside run/walk

Several 934th Airlift Wing families assigned to the Minneapolis-St. Paul International Airport participated in the fitness center's recent America's Armed Forces Kids Run at Lake Nokomis. The goal of the event was to introduce children to a lifetime activity of walking or running while providing an enjoyable fitness experience. Nineteen people, including children ages 5 to 13 and their families, participated in the 2.7-mile run/walk. When participants checked in, the children received an America's Kids Run T-shirt and the adults were given a "Fit to Fight" T-shirt. After the event, the children received a \$10 gift card from a department store. Siblings Nicole and Alexander Schaumann warm up together before the run. (U.S. Air Force photo/Bill Garside)



Snapped around Services

Gearing up

Kim Keegan, right, volunteer spinning instructor, prepares for an upcoming spinning class at the Whiteman Air Force Base, Mo., base fitness center recently. Mrs. Keegan instructing classes Tuesdays and Thursdays in an effort to inspire dependent mothers to take up fitness classes now that children have gone back to school. (U.S. Air Force photo/Staff Sgt. Rob Hazelett)



Back in action

Maj. Gen. Hidetoshi Hirata, 3rd Air Wing commander (front), Misawa City Mayor Shigeyoshi Suzuki (middle), Col. Joel Malone, 35th Fighter Wing vice commander, and Maj. Gen. Masahiro Uchida, Northern Air Defense Force vice commander (rear) tee off from the No. 10 hole at Gosser Memorial Golf Course at Misawa Air Base, Japan. The hole had been closed since the spring for a large-scale project that brought the green in line with U.S. Golf Association standards. The hole now measures 185 yards from the back tees to a much larger 5,000-square-foot putting green. The redesigned hole also includes a pond with two water fountains. (U.S. Air Force photo/Airman 1st Class Robert Barnett)

FROM THE FRONTLINES

Action under the basket

Jeff Burgos, Combined Air Operations Center No. 11, reacts to his free throw shot during the final minutes of the game against 379th Expeditionary Services Squadron as the two teams positioned themselves under the basket for a possible rebound. Ten teams competed throughout the week aiming for the championship game. The 379th ESVS edged out CAOC 62-56. (U.S. Air Force photo/Tech. Sgt. Chuck Marsh)



